

# 7 Practical Habits to Boost Your **Self-Esteem**

1

## Spend Time Alone

Reconnect with your thoughts and feelings.

2

## Celebrate Small Wins

Acknowledge everyday achievements.

3

## Set Clear Boundaries

Protect your time, energy, and well-being.

4

## Surround with Right People

Choose relationships that uplift and support you.

5

## Try New Things

Step out of your comfort zone to grow.

6

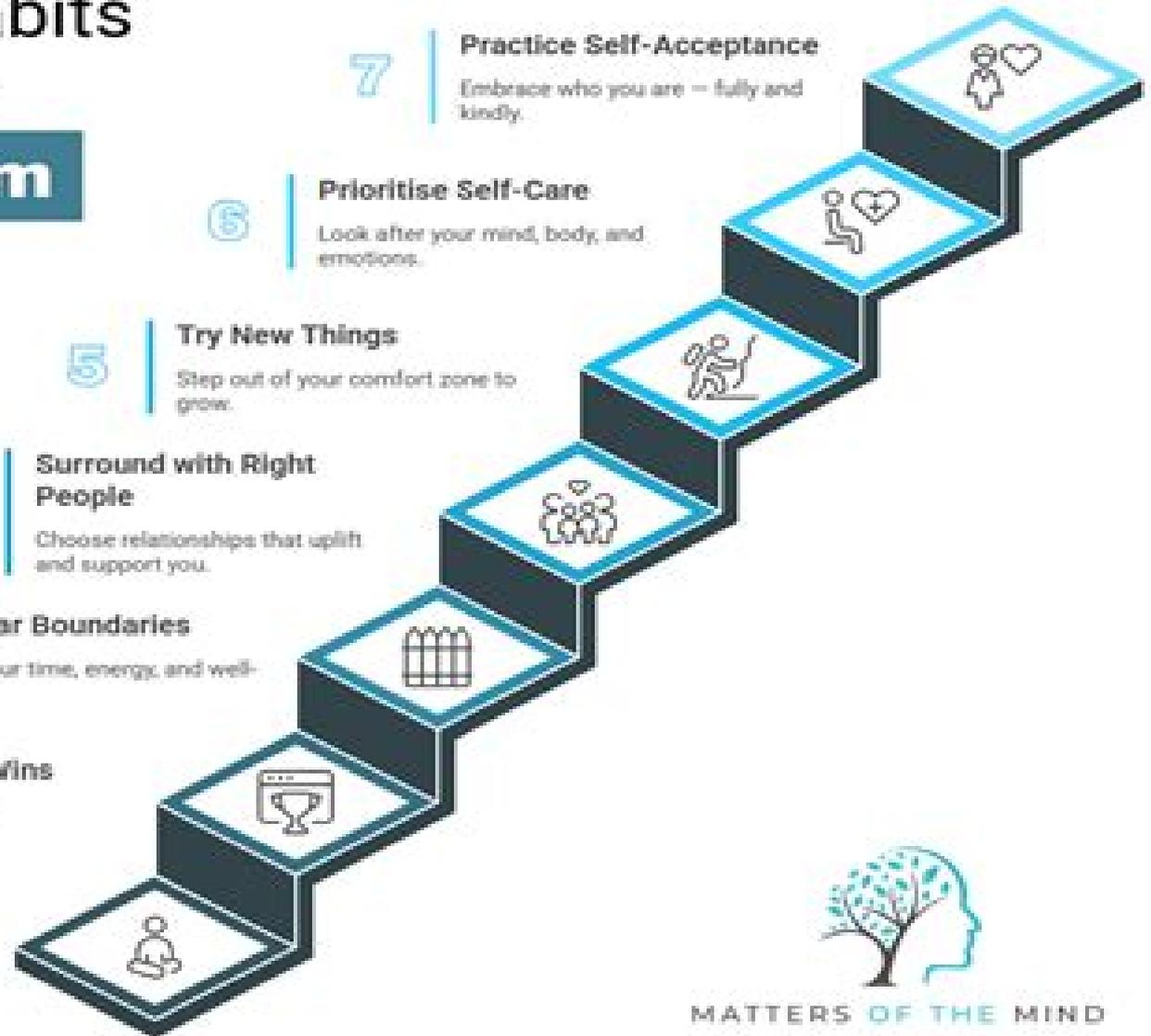
## Prioritise Self-Care

Look after your mind, body, and emotions.

7

## Practice Self-Acceptance

Embrace who you are — fully and kindly.



MATTERS OF THE MIND

# Healthy Self

**Jessica J Manson**



**Healthy Self:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Healthy Self** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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