

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

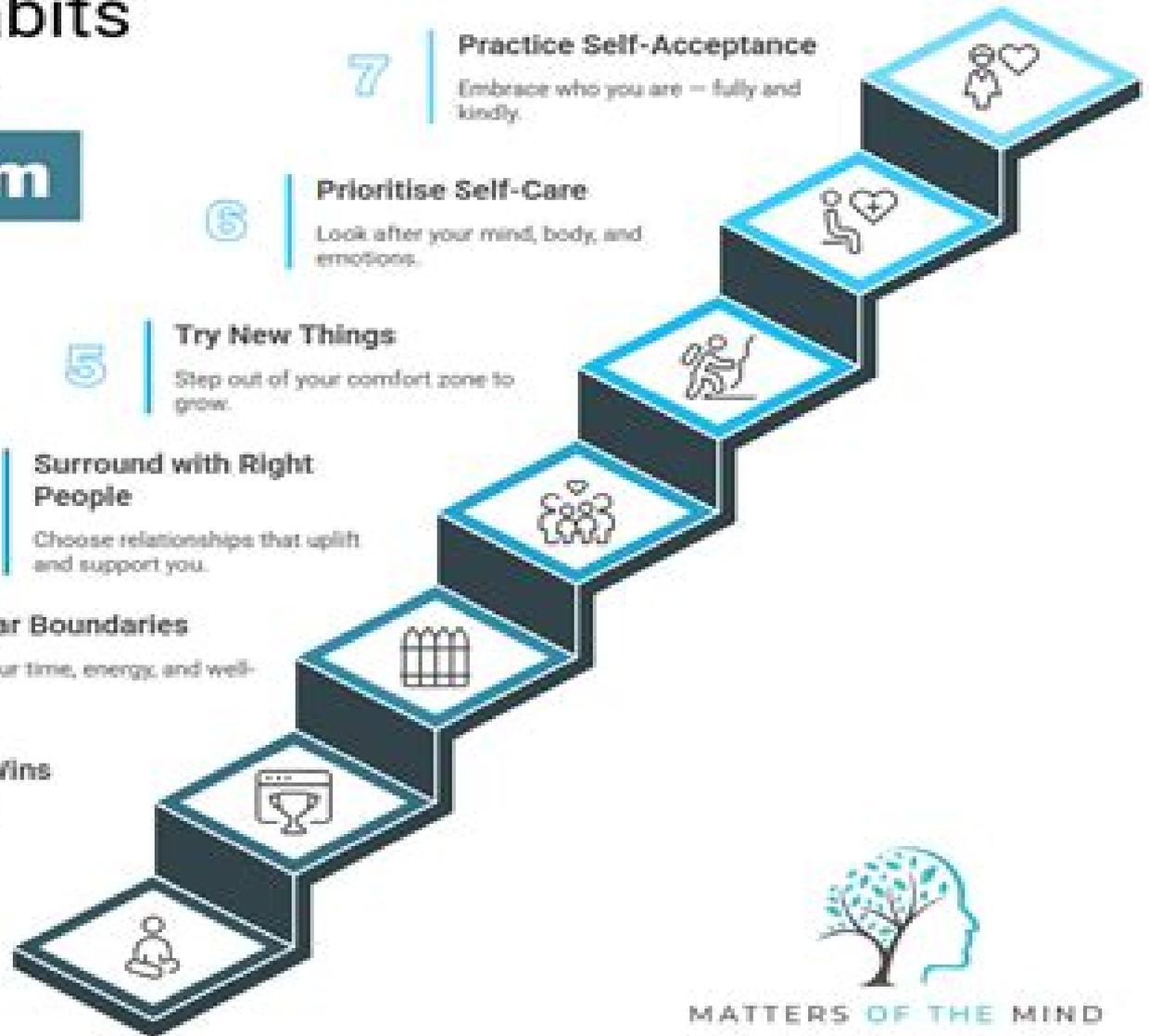
Prioritise Self-Care

Look after your mind, body, and emotions.

7

Practice Self-Acceptance

Embrace who you are — fully and kindly.



MATTERS OF THE MIND

Healthy Self

Yijin Wang



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