



Self-Esteem

VALUE · ACCEPT · BELIEVE · BE YOU

Same You
A Stronger
Tomorrow ♡

A KINDER VIEW. A BRIGHTER TOMORROW.

Practical tools to build confidence, self-acceptance and a more positive you.

1 NOTICE YOUR INNER TALK

Become aware of the thoughts you say to yourself. Are they kind, neutral or critical?



"I can choose kinder thoughts."

2 CHALLENGE THE CRITIC

Question unhelpful thoughts. Would you say this to a friend? What's a more balanced, realistic thought?



"I can be more balanced and fair."

3 FOCUS ON YOUR STRENGTHS

Notice what you do well. Big or small, your strengths matter. Remind yourself of them regularly.



"I have strengths that make a difference."

4 TAKE ACTION

Do things that align with your values, even if they feel uncomfortable. Each small step builds confidence.



"Small steps lead to big change."

! IMPORTANT THINGS TO REMEMBER

- Low self-esteem can affect how you think, feel and behave.
- Everyone has moments of doubt. It's a normal part of being human.
- Your worth is not based on perfection, achievement or what others think.
- You are more than your mistakes.
- Self-esteem can be built and strengthened over time.
- You deserve kindness, respect and a positive mindset — especially from yourself.

You are enough. ♡



PRACTICAL STRATEGIES FOR EVERYDAY LIFE



Start a gratitude practice. Each day, write 3 things you appreciate about yourself or your life.



Challenge negative self-talk. Write it down and reframe it with a more realistic and supportive statement.



Engage in activities that make you feel capable, competent and proud.



Surround yourself with supportive, positive people.



Take care of your physical health — sleep, nutrition, movement and fresh air all support a positive mindset.



Celebrate progress, no matter how small.

SMALL STEPS
MAKE A BIG DIFFERENCE.



WHEN SELF-DOUBT SHOWS UP...

- Pause and take a breath. You can reset.
- Ask yourself: "Is this thought 100% true?"
- Try a grounding technique: 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- Speak to yourself as you would a good friend.
- Remind yourself of evidence that contradicts the negative thought.
- Focus on what you can control right now.
- Seek support from a trusted person or a mental health professional if self-criticism feels overwhelming.

A kinder you
brighter tomorrow. ♡

PREVAIL PSYCHOLOGY & WELLNESS

HEAL | GROW | THRIVE

SAME YOU.
A BRIGHTER TOMORROW.