10 steps to self esteem

1. Know yourself.
2. Understand what makes you feel great.
3. Recognize things that get you down.
4. Set goals to achieve what you want.
5. Develop trusting friendships that make you feel good.
6. Don't be afraid to ask for help.
7. Stand up for your beliefs & values.
8. Help someone else.
9. Take responsibility for your own actions.
10. Take good care of yourself.

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