

self esteem goal setter

goal	achieved by?	not achieved because?	outcome
Say a positive thing about myself			
Change one thing about my Image			
Be your own best friend for the day			
Take some time just for you			
Ask yourself 'does it really matter?'			
Eat well for a day			
Start a conversation with someone new.			
Manage your time.			
Give yourself some 'feeling checks'			
Look for a new experience			
don't blame yourself for anything today			

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replace the word 'Problem' with the word 'Challenge'			
Breathe deeply			
create something			
Make an appreciation list			
focus on your strengths			
Write an action plan			
Be assertive at least once today.			
Break a habit			
congratulate yourself			
Let go of your suppressed feelings			
Speak well of others.			
Look in the Mirror			

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Start some physical exercise			
notice your body language today			
Trust your intuition			
Remember that you are unique			
take some time to meditate			