1. Make a list of your good qualities, and keep it with you at all times. Place extra copies on your mirror, in your school locker, or in other places where you will see it. Read over the list on a regular basis and at any time when you experience negative thoughts.
2. Avoid wasting time thinking about your negatives.
3. Seek new challenges in your life. Don’t be afraid to try new things. Mastering a new task or ability can build self-esteem.
4. Avoid putting yourself down to others or to yourself. Accept compliments with a “thank you” and a smile.
5. Find something that you do very well and work to improve that skill.
6. Reward yourself when you accomplish a task or finish a project.
7. Accept the fact that neither you nor anyone else is perfect. Avoid dwelling on mistakes; laugh them off and continue with the positive.
8. Take a moment to look at yourself in the mirror each day and give yourself a verbal compliment.
9. Keep yourself well groomed, maintain a positive attitude, and develop a sense of humor to handle the difficult situations.
10. Join at least one activity that involves other people. Volunteer for service with an organization or group in your school or community.
11. Associate with other positive thinkers in your school and community. Create your own support group of friends who are a positive influence on you and your self-esteem.
12. Don’t fight a fact, deal with it. Try to avoid thinking that people and things in your life that are out of your control should be different. They aren’t, and that is the reality.
13. Accept that life does not have to be perfect for you to be happy. Happiness is a way of thinking; it is a content feeling, not a constant state of euphoria.
14. Remember that bad things sometimes happen that are not within your control. Expect this, and try not to let it set you back too much. Do the best you can to change what you can, and avoid dwelling on what you cannot change.
15. Remind yourself that each of us is important and valuable. Try to be the best “you” you can be. Remember, you’re the best one for the job.

**Assignment: Answer the following questions on the back. Thoroughly explain your answer.**

1. Which of these actions do you think are most important and why?

2. Which of these actions do you believe are least important and why?