

Self-Esteem

Self-esteem is how you think and feel about yourself. Good self-esteem may make it easier for you to manage your weight.

Here are some suggestions to improve your self-esteem:

- Set achievable, realistic, short-term goals. Reward yourself for meeting your goals.
- List positive things about yourself. Examples: “I am a good person” or “Whatever I put my mind to, I can do.”
- Be assertive, and express yourself.
- Strive to make the best of your appearance, regardless of your weight.
- Don’t dwell on your weaknesses. Focus on your strengths (make a list).
- Think positively!
- Surround yourself with people who value you for who you are.

