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.