



BOOST YOUR SELF-ESTEEM

In this exercise, all you have to do is collect all the compliments you receive everyday. This will help you focus on the positive things in your life rather than dwell on the negative to boost your self-esteem.

WHAT TO DO:

1. Write down all the compliments you've received in the past year, even the small ones, on a small piece of paper.
2. Cut them out and put them in a jar or a container.
3. At the end of the day or week, read the compliments you've received.

This activity can validate your positive self-esteem and boost your self confidence.

What's my favorite compliment from a family member?

Compliment:

Received From:

What's my favorite compliment from a friend/acquaintance?

Compliment:

Received From:

What's my favorite compliment from a colleague?

Compliment:

Received From:

What's my favorite compliment from a stranger?

Compliment:

Received From:

What's an unexpected compliment I received?

Compliment:

Received From:

What compliment makes me feel the most empowered?

Compliment:

Received From:

What compliment do I always need to be reminded of?

Compliment:

Received From:

Freestyle! Write any compliment you received

Compliment:

Received From:



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