

Fact Sheet

Tips to Boost Self-Esteem

Avoid Labelling Yourself

Labels are hard to stay with-in, they create extra pressure and barriers you don't need

Avoid Overgeneralising

Everyone and everything is unique so overgeneralising hides individuality

Avoid personalising

This can be difficult when receiving criticisms or being assessed, just remember you know yours truth.

Avoid Comparing Yourself To Others

You are an individual who has both positives and negatives, no one person has your exact journey why expect to walk in the same shoes

Release your 'should'

Questioning yourself fights against your natural instinct, don't base your life on someone else's views. Go with your gut

Self-acceptance

You are a special and unique package. Anything and everything about you has made you who you are.

Set life-enhancing goals

Set positive and reachable goals. Think about what you want your life to look like in a year, 5 years even and plan accordingly

Communicate assertively

You have rights and opinions. Communicating assertively means letting your side be known and listening to someone else's. Communication assertively is mutually beneficial

Look at your strengths

Everybody has strengths. Acknowledging your strengths means knowing yourself and your capabilities



Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit www.zontahouse.org.au