



# How To Start Living And...



## VALUE YOURSELF

### Our Top Tips to Help You Value Yourself

- **Have friends around you that are positive**, it is really beneficial to be with those that love and care about you
- **Avoid those that put you down** or befriend you to make themselves feel better, it is often better to have a few really good friends than lots of superficial ones
- **Do something kind for someone else**, it will make you feel good too
- **Focus on the positives**, keep a daily notebook of all the positive things that have happened or been said to you that have made you smile or laugh each day for two weeks. Look back, reflect and enjoy
- **Be honest with yourself, value your achievements** and acknowledge the skills and talents you do have, don't be tempted to compare yourself to others. You are unique and no-one will have the same life experiences as you
- **Trust your own judgement**, it is ok to feel unsure but don't let it stop you from enjoying life and doing things. It's OK to ask for help and support
- **Set realistic goals**, to help you stick to them tell a friend or someone that will support you, break it down into easy steps and decide on a date you want to achieve it by. Give yourself a reward or treat when you have reached each stage of your goal(s)
- **It doesn't need to be perfect**, there are only a few exceptions to this, so relax and just do your best, especially in your personal life with friends and family

This 'Value Yourself' chart is to help you to identify your strengths and also areas you may want to change or improve: Fill each section in honestly, then decide what you can do daily to make any changes or improvements. Use your strengths and skills and the 'top tips' to help you succeed. After three to four weeks, check your 'Feel Good' score again.

What <b>STRENGTHS</b> , skills or talents do you have, at work or home, with people, children or situations?	What <b>LIMITATIONS</b> do you believe you have that stop you from feeling good about yourself?
What <b>OPTIONS</b> are possible for you to make those positive changes in your life?	What <b>CONCERNS</b> do you have that you feel are obstacles to achieving your goals?