

Here are some steps you can take to build your confidence and bring your self-esteem up.



Develop a habit of positive self-talk.



Exercise regularly.

## 1 Positive self-talk

The way you think about yourself has a huge influence on your self-esteem. If you keep telling yourself that you're no good, you might just start to believe it even though it's not true. If you notice that you practice negative self-talk often, try to find some ways you can get rid of your negative thinking.

## 2 Don't compare yourself with others.

It can be really tempting to measure our own worth against other people. So what if

your friend is awesome at table tennis and gets great marks? You just need to figure out what your niche is. Everyone is great at something – what are your strengths?

## 3 Exercise.

Exercise helps to improve your mood.

## 4 Don't beat yourself up when you make a mistake.

Everyone on the planet makes mistakes. Why should you be any different? When you fail, don't stress out, just learn from it and move on.

**Q4** According to the steps above, what should you do when you fail?

- take steps
- get rid of
- compare ~ with
- tempting

Scan and search for the missing word.

10. I think it's time we got \_\_\_\_\_ of all these old toys.
11. Judicial bodies may take \_\_\_\_\_ to protect the identity of accused persons.
12. No matter how naive they were, they would recreate her into a \_\_\_\_\_ predator.



Be helpful and considerate of others.



Surround yourself with supportive people.

### 5 Focus on the things you can change.

There is no use wasting all your energy thinking about things that you can't change. Why don't you think about some of the things that you can control?

### 6 Celebrate the small stuff.

Start small and work your way up – you can't expect huge progress to be made overnight.

### 7 Be helpful and considerate.

Not only is helping people a great way to boost the moods of others, but you might find that you feel better about yourself after doing something particularly excellent.

### 8 Surround yourself with supportive people.

Don't hang around people who bring you down. Find a group of people who make you feel good about yourself.

**Q5** What kinds of people are helpful for bringing up your self-esteem?

- progress • considerate
- surround ~ with • hang around
- bring A down

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13. He's the ugly American counterpart to the calmly \_\_\_\_\_ Henderson.
14. The two countries are making steady \_\_\_\_\_ towards a peaceful settlement.
15. Spending New Year's Day alone definitely \_\_\_\_\_ me \_\_\_\_\_.