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How Can I Improve My Self Esteem

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| **Across****2.** Self esteem is made up of thoughts, feelings and opinions we have about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**4.** Set \_\_\_\_\_\_\_\_\_\_\_\_\_, make a plan and stick to that plan.**9.** Do not compare yourself to \_\_\_\_\_\_\_\_\_\_\_\_\_, you are your own person.**10.** Remond yourself that everyone excels at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ things.**11.** Being \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and fit makes you feel good about yourself.**12.** Take time doing the things you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to do.**14.** Changing the way you think about yourself, changes the way you \_\_\_\_\_\_\_\_\_\_\_\_ about yourself**15.** Manage your inner critic, do not be so \_\_\_\_\_\_\_\_\_\_\_\_ on yourself.**18.** Do not focus on problems and complaints, focus on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ parts of your day.**19.** Stop pressuring yourself to be \_\_\_\_\_\_\_\_\_\_\_\_\_ at everything. | **Down****1.** Spend time with the people you \_\_\_\_\_\_\_\_\_\_\_\_\_\_ about.**3.** Accept \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from others which are the good things they have to say about you.**5.** View \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as learning opportunities, we all make them.**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ thinking will lower self esteem.**7.** You need to recognize what you can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and what you cannot.**8.** Get in touch with your \_\_\_\_\_\_\_\_\_\_\_\_\_\_, the natural things you are good at.**13.** Don't be afraid to voice your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, take pride in your ideas. **16.** Our self esteem can change depending on the way we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**17.** Focus on what you do \_\_\_\_\_\_\_\_\_\_\_\_\_, the things you are good at. |