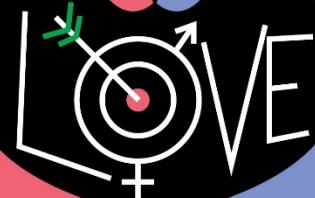


The Must-Have Workbook and Journal to Boost Self-Confidence, Build
Self-Worth, and Develop Positive Self-Esteem

ULTIMATE SELF



GUIDE FOR TEENS

S.L. CLARK

Ultimate Self-Love Guide for Teens

*The Must-Have
Workbook and Journal
to Boost Self-
Confidence, Build Self-
Worth and Develop
Positive Self-Esteem*

S.L. Clark

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Table of Contents

Introduction

 Love

Chapter 1: Self-Esteem

 What Is Healthy Self-Esteem?

 Accurate Self-Perception

 Assertive In Expression

 Confidence in Decision Making

 Forming Healthy Relationships

 Realistic Expectations

 Increased Resilience

 Importance of Healthy Self-Esteems in
Teenagers

 Healthy Risk Taking

 Grow Independence

The Effect of Low Self-Esteem on Teenagers

 Avoiding Situations

 Future Development Problems

 Relationship Issues

 Negative Moods

 Low Motivation

Poor Body Image

Earlier Sexual Activity

Substance Abuse

The Causes of Low Self-Esteem

Unsupportive Parents

Toxic Friends

Stressful Life Events

Trauma and Abuse

Medical Issues and Mood Disorders

Bullying and Loneliness

Signs and Symptoms of Low Self-Esteem

Activities for Building Self-Esteem

Affirmations

Understanding Self-Confidence

Part 1

Part 2

Part 3

You, at Your Best

Before You Die

My Wins

Reframing Negative Judgments

Chapter 2: Self-Discovery

Different Stories for Different People

The Stories We Tell Others

Stories We Tell Ourselves

Your Backstory

Forming a Positive and Powerful Personal Narrative

Be Realistic

Celebrate the Victories

Share Your Story in a Meaningful and Helpful Manner

Narrative as the Default Mode for the Human Cognition

Narratives of Teens and Young Adults

The Effect of Telling Your Story

Journaling Exercise

What Are Some of the Important Events in Your Life?

How Do These Events Make You Feel?

What Was the Most Challenging Aspect of These Events?

Why Are These Events Important to You?

Chapter 3: Self-Awareness

What Is Self-Awareness?

Types of Self-Awareness

- Public Self-Awareness
- Private Self-Awareness
- Self-Consciousness
- Benefits of Self-Awareness
 - Seeing From Different Perspectives
 - Better Decision Making
 - Improving at Your Job
 - Improving Your Self-Esteem
 - Better Critical Thinking Skills
 - Overall Realistic Perspective
- The Importance of Self-Awareness
- How to Increase Self-Awareness
 - Take Time to Self-Reflect
 - Talk to People You Love
 - Practice Mindfulness
 - Physical Exercise and Activity
 - Journaling
- Chapter 4: Self-Exploration
 - Why Is Self-Exploration of Identity Among Teens Important?
 - Self-Identity
 - Impact of Self-Identity on Your Self-Esteem

A Teen's Identity

Symptoms of Identity Issues

Valuing Status Symbols

Acting Too Mature

Rebelling

Worshipping Idols

Joining Cliques

Adolescence Self-Exploration

Process of Identity Development

Significant Events

Personal Factors

Family

Space and Time

Questions for Teens

Who Am I?

Journaling Exercise

How Would You Describe Yourself Overall?

What Are You Passionate About?

What Is the Top Priority in Your Life?

Chapter 5: Self-Improvement

What Is Self-Improvement?

The Best Way to Improve

The Process of Self-Improvement

Increase of Self-Awareness

Learn New Skills

Improved Self-Esteem and Self-Respect

Discovering and Building Strengths and Talents

Identifying How to Become a Good Student or Employee

Improving Your Quality of Life

Health Benefits

Enriching Social Skills

Becoming More Independent

Handling Change and Transitions

How to Stimulate Personal Growth

Interact With New People

Read Books

Less Talk, More Action

Embrace Discomfort

Activities for Personal Development and Self-Improvement

Focus On Gratitude

Physical Exercise

Meditation

Acts of Kindness

Surround Yourself With Positivity

Utilize Your Talents

Journaling

Chapter 6: Self-Care

What Is Self-Care?

Benefits of Self-Care

Reduces Stress

Improves Physical Health

Enhances a Healthy Self-Esteem

Improves Decision Making

Promotes Healthy Relationships

Protects Mental Health

Self-Care Tips

Create a Routine

Mindfulness and Meditation

Exercise

Mind and Body Connection Through Exercise

Get Sufficient Sleep

Express Creativity

Get a Pet

Meet up With Your Friends

Embrace Nature

Care for Others

Spa Day at Home

Set Goals

Other Self-Care Activities

Spend Free Time With Friends and Family

Watch Your Favorite Series or Movie

Learn a Hobby

Emotional Release Through Journaling

Chapter 7: Self-Love

What Is Self-Love?

Why Is Self-Love so Important?

How to Practice Self-Love

Be More Mindful

Act Out of Need Instead of Desire

Don't Forget Self-Care

Creating Healthy Habits

Set Boundaries

Protect Yourself

Forgive Yourself

Live Intentionally

Steer Away From Perfectionism

Have Compassion for Yourself

Positive Self-Talk

Journaling

Conclusion

Patience Is a Virtue

Creating a Routine

Believe in Yourself

References

Introduction

You scroll through Instagram liking posts. There are tons of gorgeous girls and handsome men on your feed. You start comparing yourself to them. Looking at the mirror, you feel disappointed that your beauty isn't the same as the Instagram models on your phone. You start thinking of yourself as ugly, and your negative self-talk spirals out of control. This is an example of an internal struggle that teenagers experience on a daily basis.

We live in a world with extremely high expectations. It's easy to fall into the trap of being hard on ourselves, thinking negative thoughts like *I'm not good enough*, *If only I were skinnier*, or *Does anyone love me?* Negative self-talk is something most of us have dealt with on a daily basis. You may be comparing yourself to others, or you may be comparing yourself to the version of you that people expect you to be. This can all take a toll on your self-esteem, mental health, and confidence.

It's difficult to be a teenager in this day and age. The pressure to be perfect is overwhelming. You

need to look a certain way and act cool, but don't look like you're trying too hard. There's also a pressure to have money to buy the latest trends and styles so that you can fit in. You need to keep up your social skills so that you're surrounded by lots of friends and have a booming love life. On top of all of these standards, you need to meet your parents' expectations of getting good grades and excelling at school. How is it possible to balance all of these high standards at once?!

Being unable to reach the expectations you and society put on yourself can make you end up feeling really disappointed and down about yourself. This can damage your perception of yourself, and you may end up neglecting all your great characteristics and strengths. You rather focus on how you don't meet up to society's standards.

Love

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world” - Lucille Ball (Lucille Ball Quotes, n.d.).

It's true when they say love makes the world go round. We often remember to love others and treat them with kindness. We know that to keep peace and avoid conflict, it's imperative to treat people with an abundance of love, but what about loving yourself? Showering yourself with much needed love can resolve many internal conflicts. Instead of being hard on yourself when you don't reach given expectations, nurture yourself with love and kindness instead.

You need to let yourself know that it's okay not to be perfect, as all people are flawed in their own way. Take the time to love yourself holistically for your strengths and weaknesses because at the end of the day, these imperfections make us who we are. Embrace yourself fully and know that you're a gift to this planet. As positive as this sounds, shifting your mindset to becoming more loving and positive is easier said than done.

If you find this journey of self-love and confidence overwhelming, don't despair! This is the right book to get you on the right path of love and appreciation for yourself. You'll learn how to build a stronger relationship with yourself and learn the root of your self-esteem issues and how you can work toward improving them. Being self-aware of your negative self-talk can

evolve the way you think about things. By the end of this book, you'll have a deeper understanding of yourself and have a more positive self-perception.

However, this change doesn't happen overnight, so be patient with yourself. It'll take a consistent effort to alter how you feel about yourself. You'll be taken on a journey of self-exploration that will help you to discover new things about yourself that you weren't aware of. From this knowledge, you'll feel motivated to conquer your quest for self-love. Learning to love yourself is a never-ending journey. This book will help you to adapt to a lifestyle that incorporates self-love and self-care into your daily routines.

Growing up, I battled with self-esteem issues. I was very closed off and found it difficult to express myself, so I decided to work hard toward building a strong relationship with myself. From this, my self-love and confidence have grown tremendously. Helping you achieve a stronger sense of self-worth matters deeply to me because what you're about to learn helped me break free from my shell and find the confidence to be comfortable with myself.

Reading this book will be a perfect guide to take with you on this journey. I'm a mental health

advocate and educator who has a passion for spreading awareness about mental health and how to improve mental wellness. My 14 years of experience in mental health issues among teens will help you to understand your mental wellness and how to take the necessary steps to improve it.

I strive to end the stigma of mental health counseling and spread the word about the importance of paying attention to your mental health. I plan on improving the mental wellness of teenager's one teen at a time. I've helped a multitude of children successfully battle their mental health issues. My next goal is to help you to get through yours!

By reading this book, you too can find your voice and take on the world. You are so capable and worthy of being the best version of yourself. Gaining knowledge on how to be self-aware of your thoughts and actions will be the first step to gaining positive self-esteem. From there, you'll continually grow and learn how to express yourself in your true form. Each individual is different, and that's what makes you so beautiful. It's time to embrace your unique individuality.

Chapter 1: Self-Esteem

What Is Healthy Self-Esteem?

Your self-esteem is how you think and feel about yourself, as well as how much you value yourself as an individual. Your self-esteem has a big impact on your actions toward you and the people around you. You can either have healthy or harmful self-esteem. Having healthy self-esteem can positively impact you in many ways because it means that you have a balanced perception of yourself. Healthy self-esteem encompasses certain qualities, which we will discuss below.

Accurate Self-Perception

Your self-perception is how you view yourself. By knowing who you really are and accepting your strengths and weaknesses, you acknowledge that you're worthy of happiness,

and you also understand that you're a flawed human. It's important to understand this balance in your personality. This way, when you feel as though you've done poorly at something, you can have a healthy reaction.

For example, if you fail a math test, you will be kinder to yourself instead of thinking that you're stupid and incapable of succeeding. You'll acknowledge that this failure doesn't represent your intelligence or worth. You can understand that you may not be smart at mathematics, but you have strengths in other subjects such as English or history. From this situation, you're also able to take accountability for this failure. You may not have studied as hard as you could have because you don't enjoy the subject, or maybe math just doesn't click with you. You're able to conclude that you need to work harder to achieve in this subject.

By understanding yourself, you prevent time wasted on putting yourself down and adding pressure to the situation. You know what your faults are and that you should improve them, but you also appreciate all of your strengths. Once you have an accurate perception of yourself, you'll be able to make better actions that can positively impact your life.

Assertive In Expression

When you're sure of yourself, you find it easier to express your needs and opinions. This means that you're not afraid to let someone know whether you're upset, uncomfortable, or in need of something from them. Having this quality can help you to receive what you want out of life. Instead of being too nervous or shy to ask for something, you learn to be assertive in asking for what you think you're worthy of.

Often, this approach prevents you from tolerating disrespect and mistreatment from others. You understand your worth and you expect to be treated accordingly, and when someone upsets you, you confront them and demand to be respected. This can prevent people from using or disrespecting you in the future.

Confidence in Decision Making

When you have healthy self-esteem, you have more confidence in yourself and your ability to make decisions. Decision-making can be a

stressful situation, especially when you lack the belief in yourself to make the right choice. You may also feel a lot of pressure to make the right decision that makes everyone else happy, but it may not be the right decision for your mental wellness and happiness.

Having healthy self-esteem helps you to think logically and sometimes necessary in a selfish way. You're able to make the right decision for yourself while considering everyone else's feelings. In life, sometimes it's important to forget about pleasing others and think about yourself and your priorities. You need to know when to put yourself first and be confident that your happiness matters, as long as your decision doesn't harm others.

Forming Healthy Relationships

Healthy self-esteem promotes forming healthy and positive relationships because how you feel about yourself directly impacts the people you choose to surround yourself with in everyday life. When you feel good about yourself, you realize that you're worthy of good people in your life who care about you. This will help you to seek pure-hearted people who aim to add value

to your life. However, if you feel insecure about yourself, you often seek out unhealthy and toxic relationships because this is what you feel you deserve.

Having good self-esteem can also help you to radiate positivity and confidence, and it's this type of positive energy that will attract like-minded people into your life. Negative people with ill intentions are often attracted to people with lower self-esteem who put themselves down. This type of energy gives toxic people the green light to manipulate you and treat you poorly, as they view people with low self-esteem as a weaker and easier target.

Realistic Expectations

It's beneficial for your mental health to have realistic expectations for all aspects of your life. This means that you have accurate standards and a proper understanding of how different elements of your life should be. This helps you to set good standards, as well as become less critical of yourself and others around you.

Having realistic expectations means that you see things from a logical point of view, and you

expect realistic outcomes from a situation. For example, if you have a friend who is always late to events, and you invite her to your birthday, you have to be realistic about your expectations of her arrival. You're going to expect her to be an hour late for your party because you know that's how she is. When she shows up approximately an hour late, you avoid getting upset and being disappointed because you expected it from her.

Having this type of mindset prevents you from being disappointed and frustrated. It can also prevent you from putting yourself down unnecessarily. If you have high self-esteem, you'll expect yourself to reach higher yet manageable standards. For instance, if you always achieve the highest grade in history, you'll expect yourself to follow through with this high standard. This will make you feel more confident in yourself, and it can lead you to excel at this expectation and push you to exceed your limits.

Increased Resilience

When you have high self-esteem, you are more resilient to critique or failure. You know that whatever negativity or failure you face, it doesn't

reflect your worth. If someone bullies or verbally attacks you, you find it easier to shrug it off. You know that their hurtful words don't determine who you are as a person. You're so sure of yourself that you don't let other people's opinions of you fill your mind with doubts.

Having good resilience is a positive quality to learn, as you're able to handle criticism. If you do something wrong or fail at something, you're open to receiving constructive criticism. Instead of viewing criticism as an insult to your character, you find it helpful advice for you to use to improve yourself. This attitude will help you to find continual growth in life, and you'll be able to pursue becoming the best version of yourself ("Does your self-esteem need a boost?" n.d.).

Importance of Healthy Self-Esteems in Teenagers

As a teenager, you're faced with many internal and external pressures to be perfect, and this can take a toll on your mental wellness. It's important for you to strive toward having

healthy self-esteem. It can be very difficult to stay confident within yourself when you're growing up, but working toward a healthier mindset can improve your quality of life. Once you've built a healthier relationship with yourself, you'll notice improvements in your decisions and behavior in your day-to-day life.

Healthy Risk-Taking

When you're in your teens, it's common to want to rebel and take risks. You have a different approach to life, and you see things as more casual, battling to see the possible serious consequences of taking risks. When you ask to go out and your parents tell you no, it can often feel like they are against you and don't want you to have fun. However, most of the time this could be their response because it's their form of tough love. Their decision comes out of a place of love because they're prioritizing your safety. If you have healthy self-esteem, you're able to view this decision from an outsider's perspective. There may be a reason behind the decision such as fearing it'll be dangerous because of no parental supervision. Once you see the situation from their point of view, you're

able to respect their wishes and stay home instead of taking the risk of going against them.

Having positive self-esteem also allows you to take risks that are healthy and don't harm you. Instead of taking irresponsible risks, you'll take calculated risks that could end up benefiting you. You respect yourself and your parents enough to not make a decision that could result in harming either of you. An example of a healthy risk to take would be to try a new sport or activity that pushes you out of your comfort zone. It may feel uncomfortable in the beginning but it could teach you how to push your limits, as well as you could find a new fun hobby and make new friends out of it.

Grow Independence

Growing more confidence in yourself can lead to a growth in independence. Once you have healthy self-esteem, you have more trust in yourself. You believe that you're capable of relying on yourself and showering yourself with the love and respect that you deserve. This will make you less reliant on other people for their love and validation, and you become enough for yourself.

Having this mindset can prevent you from having toxic codependent relationships, where you end up relying on someone who has impure intentions for you. This makes you a lot stronger, and you become a reliable rock for yourself when you're experiencing rough times (Pickhardt, 2010).

The Effect of Low Self-Esteem on Teenagers

Low self-esteem is when you have a negative self-image and fail to consider your great value; you also focus and exaggerate all of your weaknesses and insecurities. You often compare yourself to others and view them as worthy of happiness and success, resulting in you beating yourself up for not reaching their standards. When you have low self-esteem, it's difficult to stay out of your head and view things from an outsider's point of view. This can lead to a multitude of negative effects, as you treat yourself as though you're unworthy and less than. Below are some ways low self-esteem can impact your life.

Avoiding Situations

Although avoiding risks can be seen as a positive quality, it can set you back from doing things that are good for you. Not all risks are harmful, like that example of trying out a new sport or activity. These types of risks are important to help you grow. While growing up, it's important to get yourself out of your comfort zone so that you can learn more about yourself and the world around you.

When you have low self-esteem, you're more hesitant to try new things as you fear the possibility of failure, making a mistake, and getting embarrassed. This can prevent you from trying out many exciting adventures that can improve you as a person and bring joy to your life.

Future Development Problems

Having low self-esteem as a teenager can lead to some long-term negative impacts. If this is an ongoing mental issue, it will have an impact on all of your thoughts and actions in the future.

The longer you battle with low self-esteem issues, the worse these effects can be, and the harder it'll be to break away from this frame of mind. It's better to acknowledge your self-esteem issues when you're younger and work hard to tackle them. This can prevent the development of certain problems, discussed below.

Relationship Issues

Feeling down about yourself can attract the wrong type of people in your life. You could seek many types of toxic individuals like friends or romantic partners. These relationships could also become codependent, making their effect on your happiness and well-being even greater. When you're in a codependent relationship with someone toxic, you end up relying on them and believing that every harmful thing that they say is the truth. They could also prey on your insecurities and use this as a way to get at you for their own selfish gain. These factors of an unhealthy relationship can furthermore worsen your self-esteem issues.

Having a low self-esteem can also negatively impact the positive relationships that you're in. You may feel as though you're not worthy enough of the good people in your life and end up pushing them away. When you have low self-

esteem, you also tend to feel more frustrated, and this can cause conflict and put strains on your relationships with your friends, family, and especially your parents. Your present and future positive relationships could be negatively impacted due to you projecting your insecurities.

Negative Moods

Your moods can be affected by how you feel about yourself. When you dwell on your perceived weaknesses and insecurities, it can damage your mental health, causing these negative emotions. You could experience feelings of anxiety, depression, sadness, frustration, anger, shame, and guilt. Sadness and depression are normal moods to experience because you may feel down about not being good enough. This could also cause anxiety or stress because you're constantly worried about how your inadequacies are affecting those around you. You may feel as though you're responsible to please others, and this can be a stressful expectation to place on yourself.

When your self-esteem is low, it can be frustrating because you want to love yourself and feel better, but you're stuck in a negative spiral. This frustration can often translate into anger, as it's a conflicting feeling to come to

terms with overall. Shame and guilt are common moods for teenagers who have lower self-esteem, as you're much more critical of your decisions. These negative moods feel so real and overwhelming, and they can have a negative effect on the choices you make in the future, as your emotions can prevent good decision-making because you battle to think outside of your emotions.

Low Motivation

Being self-conscious and insecure can lead to having a lack of motivation. This could be due to all the negative feelings you may be experiencing, as having anxiety and depression can make you want to stay in bed all day and wallow in your sadness. You end up feeling no motivation to get yourself up and ready to tackle the day.

When you have low self-esteem, you also may deem yourself as less worthy of success, and this can prevent you from going after what you're passionate about. You set yourself up for failure before even trying. Having this mindset can negatively affect your future because you'll end up settling for less and not exploring your full potential. You may turn down or not go for countless opportunities, in fear of failing them.

Poor Body Image

Feeling insecure from within can impact how you view yourself holistically. If you have low self-esteem, you're more likely to view your appearance negatively. You may overly examine your body and your face, resulting in you exaggerating and fixating on points that you may see as flawed. This can create an inflated negative perception of how you look.

You may start to see problems with your body that don't even exist. This could cause you to resort to unhealthy dieting and eating habits so that you can achieve your idea of a perfect body. Although this may seem harmless, developing bad eating habits when you're growing up can result in very damaging eating disorders such as bulimia, anorexia, and obesity if you use comfort eating as a way to distract yourself from your insecurities. These eating disorders can drastically impact your health and quality of life.

Earlier Sexual Activity

When your self-esteem is low, you can begin to seek validation from toxic people and situations. You may start dating someone who's older or more sexually mature, who expects sexual activity from you. They could pressure you into having intercourse by saying things like, "Everyone does it," or "Don't be so boring," and

they could even threaten to leave you if you don't give them what they want.

This is a form of manipulation they use to convince you to engage in sexual activities, and it's your vulnerability and insecurities that make you an easy target to persuade. They may use language that makes you feel as though they really care for you, that way you are determined to do whatever they want so that you can keep them in your life. They could also be abusive and make you feel as though you deserve this type of treatment. This makes you believe what they say, and you're more prone to accept their manipulation.

You could also be engaging in sexual activities earlier as you find validation and purpose through having sex with different people. You find comfort in using your body as a tool to find self-worth. This usually doesn't promote self-love and confidence, but it rather results in long-term psychological and physical damages. Psychologically, you'll depend on sex to find that dose of short-term happiness and validation, and you'll find it very difficult to find value in yourself in different circumstances. You may even regret continuously engaging in sexual activity, but you find yourself in a cycle that you can't end.

You can be physically damaged by this activity, as you could end up with a sexually transmitted disease (STD), which can negatively impact your health. Examples of these diseases are herpes, chlamydia, syphilis, HIV, and AIDS. Some diseases are more dangerous and lethal than others, but they all have a negative effect on your well-being. You could also be harmed if you're in a physically abusive sexual relationship. If you ever find yourself in this situation, speak to your family, friends, or teachers, and reach out to a professional by calling an abuse hotline. Ensure that you don't keep this to yourself, and remember that there are people out there who are willing to help you.

Substance Abuse

Substance abuse is a prominent issue among teenagers. They drink alcohol and take drugs illegally as a way to rebel against their parents and society. Often, teenagers do it to fit in and seem cool. You don't want to feel like the goody-two-shoes that can't have fun. Although substance abuse may look fun, it can have some serious and detrimental effects on your life and well-being.

When you have low self-esteem, you may have a stronger desire to fit in and please the people around you. This can cause you to give in to peer

pressure easily. When you choose the wrong toxic friend group, they'll expect you to participate in their wrongful actions. They can do this by always offering you a drink or handing you drugs to try, making it seem like it's no big deal. If you deny their substances, they may isolate you, make fun of you, or even bully you into joining them. This can be a scary and difficult scenario to deal with, especially if you lack the confidence to stand up for yourself.

Many people with low self-esteem succumb to this peer pressure because it's easier, as well as they feel a sense of validation when their peers congratulate them for partaking in these illegal activities. However, this can turn into a dark habit that can lead you down the wrong path in life. You may become addicted to alcohol and drugs and become dependent on them as a way of escapism.

You never know how you could react to taking substances, so avoid getting peer pressured into joining. You need to build your self-esteem and courage, and let these toxic friends know you don't want to be a part of their circle. Instead of trying to fit in, find healthier friends with common interests, who will never force you into partaking in illegal activities.

The Causes of Low Self-Esteem

Low self-esteem can be caused by multiple internal and external factors. Relationships, situations, and events play a huge role in how you feel about yourself. As a teenager, it can sometimes feel like the whole world is against you. You're going through physical changes, emotions, and hormones are high, and you are in a phase of life where everything feels like its high stakes. This can make all aspects of your life influential and impactful to your self-esteem and how you perceive yourself. Here are a few factors that could cause low self-esteem among teenagers.

Unsupportive Parents

Parents have a huge impact on their children's growth and holistic mental health. It's important for children to have a stable and loving parental figure. This doesn't have to be their biological parents; it could be their other family members, adopted parents, or any other form of caretakers. These parental figures help

to mold you into the person you are today, as their parenting styles and techniques can directly impact your self-esteem and how confident you are in yourself.

Unsupportive parents can create insecure and less confident children. Your parents are meant to be your top supporters, so when children have parental figures who are overly critical and unsupportive of their decisions, they begin to put themselves down. They respect that their parents' words are the truth, and this is what makes what they say so impactful.

If you're a teenager with overly critical parents, it can affect how you look at yourself and life. These types of parents are quick to judge and criticize their children, instead of seeing the positives first. For example, you get 78% for a math test, which is a really high score for you, and you're excited to show your parents. When you show your parents they say, "Why didn't you get an A?" They continue talking about how you can do better. This response can make you doubt yourself, causing all of your pride and excitement to fade away.

Having supportive parents who teach self-love and confidence can help you to have healthy self-esteem. If your parents believe in you, it'll make it easier for you to believe in yourself. You

can be reassured that you're good enough and capable and worthy of achieving a successful, happy life.

Toxic Friends

Having friends that are a bad influence on your life can also cause low self-esteem. They may have a toxic mindset that persuades how you feel about yourself. Being surrounded by negative people can influence the way you think, and you may find yourself judging yourself and others around you. This can make you overly critical and causes you to become too hard on yourself.

These types of friends can also introduce you to unhealthy behavior such as substance abuse, premature sexual activity, and bullying. They may partake in these types of activities and guilt you into participating. This can have a negative effect on your self-esteem because you perceive your worth through this toxic behavior because your friends make you feel as though you're not good or cool enough if you don't join them (Roberts, 2013).

Stressful Life Events

While growing up, big changes and events can impact your development of mental health. It's difficult to adjust to change when you're younger because it can impact many aspects of your life. Stressful life events could be moving schools or houses, or it could be your parents getting divorced. These situations can create a change in your life and household that you don't have control over.

When moving houses or schools, it can be challenging. Adjusting to a new lifestyle and environment can come with many negatives that are stressful. You'll need to make new friends and find a new comfort zone. You may struggle to make friends, and you could feel very out of place. This can negatively affect how you feel about yourself, as you feel self-conscious that you're unable to make new friends.

Divorce is difficult for teenagers. You're so used to your family being all together, and your parents living under the same roof. A lot of changes when a divorce takes place; not only are you stressed out, but your parents are, too. This may cause them to pay less attention to you because they have other concerns to sort out.

Your family not always being together can also impact how much time you spend with your parents. This can make you feel neglected and unworthy of your parents' love and attention.

Trauma and Abuse

When you experience any form of abuse or trauma in your life, it can affect how you feel toward yourself. Being a victim of these circumstances can get you into a mindset that you're not good enough. You can even convince yourself that you deserve this treatment. If you have experienced physical, emotional, or sexual abuse from a young age, you believe that's what is supposed to happen. When you're younger, you don't know any better, and you trust what adults do to you is the right thing. This can make you blame yourself for getting abused or experiencing trauma because you feel that you did something wrong to receive it. This can cause low self-esteem, as you're constantly prepared for negative treatment that you believe you deserve.

Medical Issues and Mood Disorders

Another contribution of self-esteem issues would be having health issues. When your body doesn't function how it's supposed to, you can have the constant feeling like something is wrong with you. Certain medical issues can prevent you from participating in selective activities. For example, if you have diabetes, your friends may leave you out of outings when they're going to get food because they know how much of a hassle it is for you to deal with food. This can make you feel left out of fun memories. You could also be made fun of or be bullied for your medical issue or disability, and this can promote self-hatred.

Mood disorders such as depression and anxiety can get you into a negative mental space. Your negative self-talk can increase, and you may grow an untrue harmful self-perception. This can cause you to go down a negative spiral that intensifies your low self-esteem. Your mood disorder can also cause you to develop unhealthy habits such as eating disorders, which could cause your insecurities to grow.

Bullying and Loneliness

Being bullied and isolated can cause self-esteem issues. You may be a bit different or quieter than your peers. This can cause them to bully you or even isolate you, that way you feel lonely and insignificant. Mean comments and remarks your peers make can deeply resonate with you and amplify your insecurities. This can make it difficult to build confidence because you're constantly being brought down by bullies. When you have no friends and feel isolated, loneliness can make you feel like you're not worthy enough for friendships.

Signs and Symptoms of Low Self-Esteem

It can be difficult to identify whether someone has low self-esteem, especially if you're the one going through it. You may be too blinded by your negative self-perception to notice that what you think about yourself isn't reality but rather your low self-esteem talking. Below are some

symptoms and signs to look out for in yourself, your friends, and your family (“Self-esteem and teenagers - ReachOut Parents,” 2019):

- You avoid new opportunities or changes.
- You don’t take accountability and blame others for your mistakes.
- You fear the risk of failing or embarrassing yourself.
- You compare yourself to others and put yourself down if you don’t meet their standards.
- It’s difficult to make friends and keep the ones you already have.
- You battle to handle intense emotions and experience low levels of anxiety.

Activities for Building Self-Esteem

It takes long, progressive work for you to improve your self-esteem, but there are activities that you can do to accelerate this

process toward healthier self-esteem. These are just a few examples of exercises to try out. You could research to find your own, or you could even make your own exercises. Remember that with any exercise you choose, you need to be consistent and do it for a good amount of time so that you can see the results you're looking for.

Affirmations

Affirmations are a positive way to improve your self-esteem. They are phrases or statements that you can say every day. These statements can contain positive information about yourself or your life, and it's used to attract positivity in your life. By using these affirmations every day, not only do you attract good energy, but you also become a more positive person, as you start to believe the words that you're saying.

In order for affirmations to truly work, it's important to use them consistently, at least once a day. You can introduce it into your daily routine by saying something positive about yourself during your everyday activities. You could write out these affirmations in a journal, on your phone, or anywhere you have access to

on a daily basis. Here are some tips on how to create your own affirmations worksheet:

- Write your affirmation as a statement, as this will help you to believe it more, like, “I am going to achieve good marks at school.” Statements help your brain to understand that this is a fact rather than just a possibility.
- Make your affirmations specific and concise, as it can be something accurate you can envision; for example, “I will get above 80% for my English exam.” You’re more likely to achieve something or believe it if it’s something specific.
- You should be positive when making affirmations, ensuring that you never use the word “not.” It’s important to make affirmations a part of your positive self-talk so that they can influence a confident mindset and self-perception.
- The present tense is the best way to write affirmations, as you’ll convince yourself that it’s true, like, “I am smart.” By doing this, you become self-aware of your present gifts and strengths.

- Make your affirmations personal and descriptive. The most helpful way to make your affirmations work is by making them personal to you and your life so that it feels more realistic to you. You should also use emotive and descriptive words when writing out affirmations, as this makes them more impactful.
- You can choose to do your affirmations first thing in the morning when you wake up. For example, when you're taking a shower, you can tell yourself, "I'm amazing; I will have an amazing day!" By saying this positive affirmation in the morning while getting ready, you're setting the mood for a positive day.

Understanding Self-Confidence

This activity can be used to improve your self-confidence and self-esteem as a teenager, by making you think about experiences that promoted self-confidence. The objective of this exercise is to familiarize your body and mind with the feeling of confidence and having healthy self-esteem. You can do this activity as

many times as you please, but it's best to do it when you're feeling down about yourself, and you battle to think of a time when you had confidence in yourself.

This activity consists of three parts that will help you to immerse yourself into a more positive mindset. Follow these steps to do this exercise on your own:

Part 1

In this part, you must think back on times where you felt self-confidence. You can reuse this part multiple times if you want to use a variety of experiences. Find a journal or piece of paper where you can answer the following questions:

- What happened in this situation that inspired self-confidence? Describe it to the best of your ability, and add details that provide meaning to you.
- What is your self-talk like in relation to this situation? Think about how you feel and think toward yourself from this experience. Consider what language you use and whether your tone is positive.
- What is your physical and emotional reaction to the experience? Determine how your body physically reacted in this

situation. What were the physical sensations like? Also, take into account what this experience made you feel.

- What was the outcome of this experience? Consider how you reacted overall from this experience and how this impacted you. What were the results of this scenario? Did they benefit you?

Part 2

This part of the activity will make you think about a time where your self-confidence was low, and you were feeling self-conscious. You need to be able to mentally put yourself in an experience that causes unpleasant feelings. This part is similar to part one, except you'll be looking at things from a more negative perspective. Here are questions you can ask yourself to revisit this experience:

- What was the catalyst of this experience and how did it start? After understanding how this started, describe the whole situation in detail so that you can remember exactly what happened.
- How does your self-talk sound? Is your self-talk more negative? Consider what type of language you're using. You may find that you use more of a negative

vocabulary in your self-talk when you're thinking of this experience.

- How are you physically and emotionally impacted? Think about the physical sensations you felt in the situation and the ones you may be feeling just thinking of the experience. Also, consider your feelings in this situation and how they would have impacted your thoughts.
- How did this situation end? Remember this experience and how it ended; while doing this, consider what impact all of these factors previously discussed had on the result of the situation. Sometimes our negative self-talk and feelings can have a negative impact on the result of an experience.

Part 3

This part helps to bring the first two parts together to make a conclusion about your self-confidence. It will help you to gather your thoughts and determine how to ensure that you're staying positive and self-confident, even when faced with negative circumstances. These are some questions to answer to end off this exercise on a positive note:

- *What's a positive statement I can tell myself to promote confidence?* It'll benefit your self-esteem if you find a statement that brings the feeling of self-confidence. This statement could be anything that's personal to you and reminds you of how amazing and powerful you are!
- *What can I do to change my negative mindset?* Think about how you can transform your mindset to become more positive like in the positive situation you've experienced. You want to avoid negative self-talk and determine what tips and tricks will help you to get out of a negative frame of mind.
- *How can I react differently when faced with a negative situation?* Determine what you can do when you find yourself in a situation that causes you to feel self-conscious and insecure. This can help you to react in a better way to these experiences, in a way that makes you feel empowered rather than hopeless.

You, at Your Best

This activity will help you to take a look at your character and learn more about yourself as a person. You'll be able to view your positive aspects and finish this project with a healthy and loving perspective of yourself. You'll find confidence in yourself from being able to acknowledge the best side of you.

The aim of this activity is for you to write your own narrative, and this teaches you that you have control over how positive your story can be. All you need to do is be able to reflect on your strengths and your divine individuality. Follow these four steps to form your own positive story of you at your best:

1. Think back on a time that portrays you at your best. It doesn't matter what the scenario was and whether it was good or bad, as long as it shows the best version of yourself. It should be a moment where you feel pride in yourself, and you did something that showcases the good person that you are.
2. Now it's time to start writing your story. When you start to write your story, you're

going to flesh out this experience that shows the best version of you. Write the details of what happened, and ensure that you add the strengths and positive qualities that you displayed during this situation. Describe it from your perspective, including how you helped others and how this all made you feel.

3. Once you've got a good foundation for your narrative, it's time for you to make it into a well-structured story. Ensure that there's a beginning, middle, and end that all flow together. Having a well-written holistic story can help you to see it as something serious that represents you.
4. It's now time to reflect on what you wrote and to familiarize yourself with the positive tone it's written in. You can go through your story and circle or highlight the points of the story that show your positive strengths and characteristics.

This exercise allows you to see yourself in a more positive light. From this story, you're able to focus on the good aspects of yourself, rather than dwelling on the negatives. You can write many different stories of yourself to highlight your multiple positive strengths. You could even

share these stories with people in your life so that it can feel like other people are also aware of your positive narrative.

Before You Die

Sometimes we suffer from low self-esteem issues because we feel as though we aren't where we're supposed to be in life. You may have a long list of goals you want to achieve but you don't know where to start. This is why making a bucket list will help you to feel more confident and put together about yourself and your future.

Having a list of constructive and achievable goals will help you to improve your self-esteem, and being able to tick these goals off one by one after achieving them will boost your confidence. You will believe more in yourself and be aware of your worth because you work hard to achieve these goals.

When doing this activity, you can start by drawing up a big table, with three columns and as many rows as you desire. Each row will be for each goal you want to accomplish. Remember to list as many goals as you can, and don't underestimate how much you're capable of

achieving! The three columns will consist of the following content:

- In the first column, you can establish the goals you would like to achieve. Ensure that you create goals of meaning to you—ones that would bring you genuine joy and confidence. When formulating goals, remember to keep them concise and specific, as this will make it easier for you to achieve. You could ask yourself, “What would I like to achieve if I was only given a year left until I die?” By asking yourself this, you can determine what is important for you to accomplish within a given time limit.
- In the second column, you need to get into more depth with your goals. Think about what motivates this goal and why it’s so meaningful to you. You can ask yourself questions like, “Why do I want to achieve this goal?” and “How will achieving this goal benefit me?” By asking yourself these questions, you give yourself the motivation you need to start achieving those goals.
- In the last column, you need to rate how important achieving these goals are for you. If it’s not meaningful to you at all,

then you can rate it 0, and if it's extremely important to you then you can rate it 10. This column will help you to determine whether this goal is something you truly want to work toward.

Once you've completed the table, it's time for you to start accomplishing those goals! You can add time limits to them, or you can accomplish them in your own time. You could even rank your goals from most to least important, and work on them in order. Do whatever works for you!

My Wins

This is a simple activity you could try, which is especially useful for younger teenagers. You can display your creativity and artistic skills when completing this activity. Get a blank piece of paper that has enough space to split into different sections. In these different sections, you can draw, paint, or write your different achievements and positive qualities.

For example, you can draw yourself winning a trophy for best actor/actress in your school play. You could paint yourself as being kind and

helping others. You could also add things that you love on this chart, for example, draw a picture of your family and friends.

When you're done with this chart, you can hang it up in your room or place it anywhere where you'll see it every day. By doing this, you have a daily reminder of all the positive things in your life, and you're able to feel gratitude for your accomplishments, positive qualities, and the caring people you have in your life.

Reframing Negative Judgments

In life, it can sometimes be difficult to cope with failure. You may be extremely hard on yourself and continuously blame yourself for all of your mistakes and failures. This mindset can affect your self-esteem and confidence because you'll always have this stigma about yourself that you mess everything up. It can also prevent you from improving and being the best version of yourself because you'll be unable to handle constructive criticism.

We all fail in life, so why not use it as a way to promote personal growth rather than seeing it as a threat to our character? This activity will

help you deal with failure better and use it as a way to learn and improve yourself. You can start this activity by drawing up a table with four columns, with the following content in each column:

- The first column will have the incident where you felt like a failure. You can write a short sentence that explains what happened, like, “I didn’t win a singing contest.”
- In the second column, you can write down your initial judgments from this situation. Be honest about what you thought at first when this happened to you: “I’m a bad singer with no talent.”
- For the next column, you should write down which emotions you felt that triggered this reaction. Maybe the situation made you feel disappointed and insecure.
- In the last column, you need to give an objective perspective of this situation. You need to be able to give a judgment that is separated from your subjective emotions. For example, “I didn’t win because I need to work on my skills to become the best singer I can be.”

By the end of this activity, you'll have a different perspective of these situations where you felt like a failure. You can also gather that it's your negative emotions that had an influence on your judgment. This teaches you that when you fail at something, you should look at it from an outsider's perspective, rather than letting your emotions get you down about yourself (Ackerman, 2019a).

Chapter 2: Self-Discovery

“Knowing yourself is the beginning of all wisdom” - Aristotle (Goodreads, n.d.-a).

To know yourself is a crucial step to self-love. You'll never be able to fully appreciate yourself and what you have to offer if you don't understand the true essence of your character. You may think that you know yourself well—after all, you've been living with yourself for your whole life. However, many of us have an inaccurate view of ourselves without even realizing it.

Different Stories for Different People

We have a habit of showing different versions of ourselves to different people. Storytelling is a big part of our everyday lives and can be used to translate our lives and personalities. It's a universal language that everyone understands, and it's how people are able to discover more

about each other. There are also stories we tell ourselves to convince us of who we are.

The Stories We Tell Others

There are many different ways to portray yourself through your story. We have the habit of adjusting these stories to be relevant to each person or group of people that we come across. There are also many factors that impact how we tell our story.

You could be altering your story to avoid pity from strangers. There may be a part of your life that is difficult to talk about. You could have experienced trauma or abuse, or you could be going through financial problems. All of these struggles may be difficult to communicate, and you'd prefer to keep it to yourself. You also don't want to seem like a victim and attract pity or attention toward yourself. This can influence you to keep this portion of your life to yourself. You also need to read the room and determine whether the context and culture of your environment is a safe space to open up about your personal stories.

You may feel more comfortable portraying a different version of yourself that suits the people around you. Identity management is a process you can use to change your personality to adjust from person to person. You may find that you have many different identities that you use around different people. When you're with your school friends, you're the more upbeat version of yourself, and you avoid opening up about your true feelings and insecurities. With your parents, you may be a more serious version of yourself because you feel more comfortable around them to express your frustration and grumpiness. Around new people, you could be more reserved or even shy, and you're more hesitant to reveal your story.

Stories We Tell Ourselves

What we focus on in the stories of our lives can affect the way we view ourselves. It's not about what happens in the events of our lives, but it's how we react to them. When we think of stories, we think about how they relate to ourselves and our lives. For example, if your family decides to move to a different town, you'll experience this event from your perspective. You'll speak about

how the move had an impact on your life, therefore when you tell the story, it becomes relative to your life.

When you think about stories in your life, it's important to think about positive ones that can build your confidence and self-esteem. If you're feeling down about yourself, you should be able to use positive stories to remind yourself that you are capable and worthy of great things in life. Think of a time where you felt as though you achieved something close to your heart—this could be anything, no matter how big or small it may seem. Remember that any accomplishment that means something to you is worth celebrating and remembering (Henricks, 2019).

Your Backstory

Your backstory is the foundation and basis of your personality. It's the beginning of your storyline that can explain why you are the way you are, and it determines what type of character you have. This backstory can give perspective to you and people in your life as to why you are the way you are. It's what has motivated you to have your personality and take

the actions you have made in your life. Your backstory is the combination of your upbringing, the people you have in your life, and the decisions you make.

Your upbringing is filled with many interesting stories, and it's these stories that contribute to your being. If you grew up with strict parents, this could cause you to grow up being strict and critical of yourself. If you grow up in a relaxed household where your parents don't discipline you often, and you get the freedom to do what you please, you'll grow up to become nonchalant. On the other hand, the household you were brought up in can make your personality reflect characteristics from the opposite spectrum of what you've experienced. Being in a strict family can make you become more nonchalant about situations, and you could be more likely to rebel, whereas growing up in a nonchalant household could make you crave rules and structure.

Along with upbringing and family relationships, the decisions you make in life also make up a big part of your backstory. When you're growing up, you can be faced with many life-changing decisions. In the moment of making those decisions, you may feel overwhelmed, but once you do what you know and feel is right, it can

have a huge impact on your life. The one decision you made a year or two ago could have determined where you are today. Examples of these life-changing decisions for teenagers include:

- Choosing friendships and romantic relationships
- Deciding which school to go to
- Choosing an extracurricular activity or a hobby

Your backstory can be formed into a narrative that is told either in the first or third person. There is a multitude of ways for you to communicate your narrative to people. You could tell people who are close to you your story, and you could even tell strangers your narrative so that they can get a better understanding of you. If the thought of talking to people about your backstory is too daunting, then thanks to technology, you're able to express your story to loved ones through a text message. You could even post your narrative on social media platforms like Facebook and Instagram to reach a public audience.

Forming a Positive and Powerful Personal Narrative

You choose what you want your narrative to be. You could have negative circumstances in your life, but this doesn't mean that your narrative has to be negative and depressing. You can turn this hardship and struggle into an inspiring narrative for you and others. It's a powerful message to not let unfavorable circumstances negatively impact your view of yourself and the rest of your journey in life. Most people have lived with a balance of good and bad. It's rare for someone to have a life that's all good or all bad. This makes it important to stay focused on the positives in your life.

Be Realistic

As vital as it is to focus on the positive aspects of your life, you must also be real about your struggles. You need to acknowledge the hardships you experience, as this makes for a realistic narrative. Everyone experiences some sort of struggle in their life. Whether it's with

friends, family, personal issues, or money struggles, we're all connected by this common factor of life.

Struggles that you experience in your life may have a long-term effect on you and your mental health. If you experience abuse or a form of trauma, it can give you post-traumatic stress disorder. PTSD is a well-known disorder that happens as a response to a traumatic experience, and it may cause stress and anxiety at the thought of this traumatic event happening again. This type of reaction to struggles can also change your personality and make you more reserved or hesitant to open up to people. Therefore, it's important to add these struggles to your narrative so that you understand yourself better, and the people you surround yourself with will as well.

It's also important to be empathetic about your struggles. Remember, what you went through doesn't determine your worth. Sometimes, we have to experience hardships to help us grow stronger, and other times, we experience devastating events which have no explanation. Unfortunately, the world is filled with bad people and awful situations, so never blame yourself for the hardships you go through.

Celebrate the Victories

You need to take the time to celebrate positivity in your life and all the achievements you've accomplished. Sometimes, it can be difficult to see the positives in your life when everything going on seems so overwhelming. If you feel blinded by the negatives in your life, ask people in your life for an outsider's perspective of your life. You may be too consumed in your stressful life to notice all the positivity you're surrounded by.

In life, it can be easy to fixate on the negatives in your life rather than celebrating the positives, especially as teenagers. When something negative happens like losing your friend group, you may feel like it's the end of the world. You end up focusing on this, and you think about how it'll negatively impact you, instead of thinking about the positive aspect of the situation. Maybe you lost your friend group because they were being toxic, and you stood up for yourself. This is a positive sign of growth that you should consider a victory. You gathered the confidence to express your boundaries, which shows that you acknowledged your worth.

Share Your Story in a Meaningful and Helpful Manner

Your narrative can be a powerful message that people need to hear. You never know who is experiencing the same struggle that you went through or are still currently experiencing. Your story could make a difference in a world where we're all vulnerable to hardships and difficulties.

You don't have to be a public advocate for what you're experiencing; simply making small steps to communicate your hardships is enough. Start by letting your friends and family know. As teenagers, you often encounter similar issues such as friend problems, family issues, and struggles with self-identity. Although you're experiencing similar issues, you don't communicate about the hardships you face among your peers, and this can make you feel like you're alone.

Break that silence and talk about what's bothering you! Sharing your narrative may motivate your peers to join in, and this creates an open space where you can all express your worries and concerns.

Sharing your story not only helps people to discover more about you but also helps you to do some self-discovery. This is because you're learning to come to terms with your life and the positives and negatives you face on a daily basis. From this, you can grow to be the best version of yourself because you understand how your backstory has made you who you are (Duffy, 2018).

Narrative as the Default Mode for the Human Cognition

Storytelling is embedded in our veins. It's a tool we can use to explain anything from situations we've gone through to what we want from our lives. At every stage of our lives, a story can be told. The themes and tones of stories can differ among different age groups. As children, your stories are more fun-loving and imaginative, and some of the details may be exaggerated or fantastical, but this is from the perception of an imaginative child.

Narratives of Teens and Young Adults

In this stage of your life, your narrative will mainly consist of stories about change and self-reflecting. This is because, at this age, you're going through lots of different changes physically, emotionally, mentally, and in your environment. Change has never been an easy concept to conquer, and the unknown will always be scary to us. When entering adolescence, change becomes more prevalent to you. You're confronted with constant challenges to overcome, and this can be very difficult on your mental health and happiness. This makes these milestones and life-changing events a big part of your narrative because they impact who you are as a person.

At this phase of your life, you're also becoming more introspective and self-acknowledging. You are learning more about yourself and what makes you happy in life. Your friend groups are adjusting and evolving to suit where you are in life. It's a time of huge self-growth where you start to truly understand who you are. This narrative of self-reflection makes up a huge part of your personality and is therefore a crucial portion of your life's story.

Examples of narratives for teens and young adults include:

- **Discovering Your Passions:** When you're a teenager in high school, you have lots of decisions to make in terms of your career. It's at this age where you're expected to discover what your passions and interests are. Once you're at the end of high school, you have to choose what you want to study in college or university. You may even choose not to study but dive straight into your career or even just take a gap year to gather your thoughts. This is a life-changing decision to make because you have to commit to a decision that can determine the outcome of your future.
- **Relocating:** As you grow, you may be finding that your hometown and where you live are not where you want to stay forever. You may want to explore other towns and cities; this is a great opportunity to discover more about yourself. You could choose a university in the location you desire to live in. This decision is difficult because not only does it affect you and the outcome of your life,

but it also affects your family, as they will be sad to see you go.

- **Detoxing Your Life:** When you're on a journey of self-discovery and growth, you can sometimes notice that you've outgrown certain relationships in your life. You could have toxic friends who don't provide you with the love and support you require. You could be in an unhealthy romantic relationship that brings you down. Once you understand yourself more and have the confidence to stand up for what you need from the people in your life, you're going to be able to let go of these toxic relationships. This may be difficult, as these could be long-term relationships that have many good memories connected to them, but you have to choose what will help form a positive narrative for your future. You may even find that you have family members who are toxic and bring you down. It's okay to distance yourself from anyone, even if they're blood relatives. Do what's best for your mental health.

The Effect of Telling Your Story

The way in which you tell your story as well as who you tell can have a huge impact on what you believe about yourself. If you tell your story selectively, leaving out certain points of value, you could have a misconstrued self-identity. This is why it's important to have a narrative that holistically explains your life for who you are and what you've been through overall.

If you have low self-esteem, you may make your narrative very pessimistic. You could end up focusing solely on your weaknesses and negative characteristics, as well as your negative circumstances in life. This is the version of your narrative that you tell people, and by doing this, you're convincing yourself that the story that you're telling is the truth. You have now formed a negative perception of yourself that falsely displays your true nature.

On the other hand, you could make your story entirely positive and show off your seemingly perfect life. It's great to have a positive outlook on yourself and life, but it's also important to remain humble and acknowledge your flaws. Not only will this help you to have an accurate picture of yourself and your life but people will

also be more open to hearing and relating to your story. It's a lot easier for us to identify with people who are open about experiencing struggles in their life. This makes them seem more realistic, as a big part of being human is having imperfect lives.

When you are creating your narrative, you need to start by telling yourself your story. You need to let yourself know who you are and mentally go through your life's journey, so that you have good self-awareness. Discovering who you are, and what you've truly experienced, is the first step toward self-love and improvement. You need to understand yourself first before you work toward becoming the best version of yourself.

Once you've figured out your narrative and you've told yourself, it's time to let other people hear your story. By telling other people your narrative, you end up learning more about yourself. You get to have an engaging conversation with someone, and this helps you to discuss yourself and your life experiences. From this, you could gain a different perspective to your narrative that you were never aware of until now. Telling people about your story can also make it more real and validating to you because sometimes speaking outside of your

thoughts can confirm that what you think is the truth.

It's also important to tell your story because it could be an inspiration to someone who needs to hear it. When you're going through hardships, it can be comforting to hear that others have gone through the same things and managed to survive them. This is why it's vital to have a narrative that accurately portrays you and your life, as people are more likely to be helped by a story that has a balance of both positive and negative aspects. You never know how your life story can motivate and inspire those around you (Beck, 2015)!

Journaling Exercise

You may be finding it difficult to get your narrative together. When you try to approach this task, your mind gets flooded with memories and thoughts, making it difficult to clarify what's important for your story. There is a way for you to gather your thoughts and come up with an accurate, powerful narrative. This can be done through a simple journaling exercise. Sometimes, writing down what you're thinking

can help you to put everything together. You can journal down your answers to the following questions, and if you're feeling creative, formulate your own questions to make your narrative more detailed and effective.

What Are Some of the Important Events in Your Life?

You need to take a look at your life and determine what are some of the events that occurred that you consider important. This could be anything from moving to a new city to achieving an A for a difficult subject. It doesn't matter how silly it may seem; if it's important to you, then write it down. Choose the events that stand out to you the most and have had a contribution to your character development. Once you have a collection of memories that are of value to you, it's time to put them into context.

How Do These Events Make You Feel?

You should now determine your feelings behind these events. This will help you to discover the importance behind them and how they've impacted your life. When you're thinking about each event, think back to how it made you feel in the moment. For example, if you won a prize for best athlete, how did you feel when you walked up on that stage to retrieve that prize? Did you feel a sense of pride and joy? On the other hand, if you have a negative event that you've journaled, only think back to the experience if it's not too triggering for you. These memories could take you to a negative place, but if you feel strong enough, think about how this event made you feel at that moment.

What Was the Most Challenging Aspect of These Events?

This question can help give you perspective on how events affect your story, especially when an event is unpleasant. When you experience a traumatic or negative event, it can challenge you

mentally, emotionally, and physically. It can cause growth that you aren't even aware of, so take a look at these events and analyze how they've been challenging. Maybe you went through a bad breakup, but from this, you discovered your self-love and that you're worthy of having a better relationship. Sometimes positive events in your life can also have challenging aspects. For example, if you are accepted to your dream university overseas, you'll be ecstatic, but you'll also be scared of the change and leaving your beloved friends and family behind.

Why Are These Events Important to You?

You then have to end off your journaling by putting everything together and determining what it is about the event that makes it so important to you. It's the importance of these events that can help you to discover their place in your narrative. Maybe winning best actress is important to you because your mom was an amazing actress, so this lies close to your heart. Understanding why the events are important can help you to explain your story to yourself and the people around you (Caine, 2015).

Chapter 3: Self-Awareness

In order to truly grow and promote healthy self-esteem, you ultimately need to be self-aware. This means that you have an understanding of yourself that is deeper than just surface value. It can be difficult at times to be self-aware of both our positive and negative traits, but it's a vital step to personal development.

Most people these days are self-absorbed and focused on their own lives, so no one has the capability of knowing you the way you can get to know yourself. You may get insults and compliments from people who briefly observe you, and it can be easy to get absorbed into this sense of self-image. However, it's important to find your own self-awareness and to take the time to get to know yourself for all of your strengths and weaknesses.

What Is Self-Awareness?

Self-awareness is a main component of self-concept, which is the understanding you have of

yourself. Being self-aware means that you acknowledge all aspects of your being. Having self-awareness is not inherent in all people; it's something you may have to work on constantly. It can be difficult to continuously remind yourself to focus on yourself and your actions, but remember that it's an important part of finding self-love and happiness, and without it, you may be naive to the true perception of yourself.

Types of Self-Awareness

Self-awareness is not as simple as it seems. There are different types of self-awareness that serve different purposes in relative situations. You can express your self-awareness in different ways for suited environments using these three types of self-awareness: public self-awareness, private self-awareness, and self-consciousness. You may find that one type of self-awareness comes easier to you than another. However, you need to have an understanding and the ability to practice all of these types of self-awareness.

Public Self-Awareness

Public self-awareness is when you're observant of yourself around other people. You take note of how you're behaving toward the people you're with, especially when you're the center of attention. When all eyes are on you, you tend to become more aware of your every move because you don't want to embarrass yourself.

It's important to be publicly self-aware so that you act with kindness and respect. When you think before you speak or act because you're considering other people's feelings, you can avoid conflict. You also become a more empathetic human being who cares about how their behavior impacts those around them.

Having a high sense of public self-awareness is common among teenagers with low self-esteem, as you're generally more worried about what others think of you. When you're feeling self-conscious about yourself, you're more aware of your actions and behavior. You may end up overthinking everything that you say and do because you lack confidence in yourself (Cherry, 2014).

Examples of public self-awareness include:

- **Presentations:** Doing a presentation in front of a full class can be overwhelming and scary. You spent days preparing for this moment to stand up in front of around 30 pairs of eyes that are glaring at you. When you present your oral presentation, you're aware of every mistake you make, which can make you even more nervous, causing you to make more mistakes. You're also aware of how awkward fidgety your body language is, which can distract you from your task at hand. Not only are you self-aware in this moment but you're also aware of all the people in your class and their reactions to your presentation.
- **Socializing:** Often when you're socializing with friends or people you don't know yet, you can become more self-conscious. You fear that you may embarrass yourself, and you don't want to ruin your chances of impressing your friends. Being self-conscious can cause you to become more self-aware of what you say and do. This is especially prevalent when you're making new friends. In efforts to make a good first impression, you're more aware of your behavior toward them.

Private Self-Awareness

This is when you're aware of yourself but only acknowledge it privately. You examine your characteristics and behavior when you're on your own. This type of self-awareness is important, as you're able to take a look at yourself and determine how you personally feel toward a situation, your behavior, or your actions (Cherry, 2014).

An example of private self-awareness would be if you're in a situation where you're about to write a math test that you're nervous about. You may not be naturally good at mathematics, and you chose not to study that hard because you don't enjoy it. This can make you feel anxious and insecure about your capability to pass this test. You may also feel a sense of guilt because you could have studied more for the test. All of these emotions are private reactions to your stress about writing this test.

Self-Consciousness

We've established that being self-aware is an important step toward self-development, but with all good things must come a balance. You may be overly self-aware, and this is known as self-consciousness. This frame of mind is common in people with low self-esteem, as you're constantly thinking about how you look and sound, what people are thinking of you, and how your actions and behavior are impacting others around you.

This can be negative as you can become consumed by these thoughts, and you end up unnecessarily overthinking situations. For example, if you smile at someone and they don't smile back because they didn't see you, you'll blow this situation out of proportion. You may start thinking that this person hates you, leading you down a rabbit hole thinking about what you must've done to cause this response.

This is a simple scenario that could happen if you have a heightened self-consciousness, but cases could be more severe. If you're constantly thinking in this manner, you may create unnecessary inner conflict and insecurity, as

you feel like everyone's always judging you (Cherry, 2014).

Benefits of Self-Awareness

Being self-aware comes with its benefits both for you and the people in your life. You learn a lot more about yourself and your interactions when you become consistently aware of yourself. Once you're more aware, you will see improvements in your relationships and your quality of life. Here are some benefits you can expect to see in your life once you grow self-awareness:

Seeing From Different Perspectives

When you're self-aware, you are also more aware of your surroundings. This means that when you do or say something, you take other people's perspectives into account, and when you act, you think about whether your behavior has impacted others. This makes you think from their perspective. You think about how you

would feel if you were them and they had acted this way toward you.

Acknowledging that your words and actions affect others can turn you into a more empathetic person because you learn how to think about their feelings before you do or say anything that you'd regret. Being empathetic can also benefit you because people will be more attracted to becoming friends with you.

Better Decision Making

Decisions can be difficult to make, and sometimes, we make them spontaneously without thinking of the various outcomes that could come from this choice. When you're more self-aware, you think about your decision beforehand, instead of acting purely out of emotion or impulse. This can prevent you from making decisions that you'd regret because you think before you act.

When you're deliberating whether your decision is viable or not, you should make a pros and cons list, considering all factors of this choice. For example, you need to decide whether to go out to a party or not. A pro could be that you'll be

happy to be able to go out and see your friends, whereas a con might be that it could be dangerous, as there's no adult supervision, and your parents wouldn't approve of you going. Once you've created this list, you'll have a good idea of how to make your decision. If the pros outweigh the cons, then it's safe to say you can go through with your decision without upsetting anyone. On the other hand, if you have more cons than pros, it may be a better decision to stay at home.

Being self-aware will help you to develop this skill. You'll be able to make healthy decisions that benefit you and the people around you. You'll think about the repercussions behind bad decisions, and this can avoid disappointing your parents or ending up in a compromising or harmful situation.

Improving at Your Job

Having a job can be stressful for several reasons. You have numerous amount of tasks to complete daily, you have the stress of working hard to keep the job so that you can pay the bills, and you have to have confidence in yourself to complete the job right. On top of all of this, you

have to know how to work with your colleagues. This takes good teamwork skills, or if you're a manager or boss, you have to have good leadership skills.

Although as a teenager worrying about performing well at work is not your concern, the work environment has many similarities to the school environment. At school, you have to worry about working hard to achieve good grades; you have lots of tests, assignments, and homework to get through daily; and you have to be confident in your ability to pass all your classes. You also have the added pressure of having to work well with your peers for group projects, as well as for general socializing. School is also an environment that prepares you for getting a job when you're older.

When you have self-awareness, you're able to identify your strengths and weaknesses in your workspace. You're able to point out what tasks you're good at completing, such as having good emailing and communication skills. You can also point out some of the weaknesses that you could improve such as having bad time management skills and battling to meet deadlines. Knowing these work traits will help you to improve your productivity and work ethic, making you an overall better employee.

Not only will having self-awareness help to improve your work ethic, but you'll also grow more confident in yourself. By acknowledging your hard work and purpose in your work environment, you're able to become stronger and more confident. This confidence is especially important to obtain if you have a leadership position at work. You need to be confident enough in yourself to be authoritative and take control.

Finding the correct career path can be really difficult, as you may have many talents and skills, but it can be tricky to narrow this list down to one or two job interests. Being self-aware can help you to know what you want from your life. You're able to know which of your passions and interests make you genuinely happy. Knowing this can help you get into the right career field which is suited to you because you have a better idea of what you're most skilled at and capable of doing. Once you choose a job that brings you happiness and confidence, you're more likely to become successful at it.

Improving Your Self-Esteem

When you're self-aware, you tend to have an accurate perception of yourself. This can help you to gain healthy self-esteem. When you see yourself for who you truly are, you're able to notice that although you're flawed, you're also very talented and special. Acknowledging positive aspects of yourself is vital in having healthy self-esteem.

If you accomplish something great, you're aware that this is a product of your hard work, and you're even able to acknowledge smaller positives of your personality and character. For example, if you're with a group of friends and you crack a joke that everyone laughs at, you're self-aware that being funny is a positive characteristic you possess. These small self-esteem boosters help you to feel better about yourself and help you to improve your relationship with yourself.

Better Critical Thinking Skills

Critical thinking is when you're able to analyze a situation before you make a response or judgment. You think of things holistically instead of judging them by face value. This is a crucial skill to have, as it helps you to make logical decisions, and it can make you a more sensible person. Critical thinking is also good for highly emotional people, as you're able to put your emotions to the side to come to a logical conclusion.

Self-awareness can help you to think critically about yourself. When you feel a certain way about something—for example, if you're feeling sad about moving away—you're self-aware enough to acknowledge this feeling and take a deeper look as to why you're feeling this way. You could determine that your sadness could be caused by the thought of missing your friends and family, or maybe you're sad that your life is going to change. From this critical thinking, you're able to analyze the cause of your sadness and work on these factors to improve your mood.

Overall Realistic Perspective

All of these benefits help you to approach life in a holistically better way. You're able to think with compassion and empathy for other people because you think about how your actions impact those around you. However, you're also able to be less emotive and use critical thinking to get through situations logically. This skill makes you a better decision-maker, which allows you to make healthy choices that will benefit you and others in your life. You're able to be self-aware of all your goods and bad, and you're able to take the necessary criticism to improve on your weak points. Being self-aware gives you an overall pragmatic look at life, which helps you to become the best version of yourself.

The Importance of Self-Awareness

Not only is self-awareness beneficial to your overall quality and perspective of life but it also serves an important purpose for your well-

being. Being self-aware is a big contributor to improving your self-esteem. If your aim is to grow and develop as an individual, you need to be aware of yourself holistically. This includes being aware of your thoughts, actions, and overall behavior. From staying focused on the state of your being, you can determine whether your behavior is something that is positive or whether it is something negative and harmful that should be improved. No positive change can be made in your personality if you aren't aware of your flaws (Ackerman, 2019b).

Here are some reasons why it's important to grow self-awareness:

- **Interpersonal Relationships:** Having a healthy interpersonal relationship is crucial, as this is the foundation of having healthy self-esteem. When you're self-aware, you grow this interpersonal relationship because you're constantly learning new things about yourself and who you are. From this, you're able to find true self-love because you know what makes you such a beautiful individual.
- **Success:** When you're self-aware, you're able to acknowledge your positive and negative traits, as well as what excites

you in life. From this, you can embark on a journey of success. This success can be anything that's important to you—things that ultimately will make you happy. With self-awareness, you're more likely to succeed because you can gather intel on what you need to improve, and you'll know how to get yourself to the end goal.

How to Increase Self-Awareness

We've covered how important and beneficial self-awareness can be for you, however, it's not something that comes naturally to all of us. You may have to work to grow self-awareness, or you may be exclusively self-aware and learn how to improve this skill. You want to develop self-awareness that promotes self-love and confidence into your psyche and avoid overdoing self-awareness to the point where you're overly criticizing and judging yourself. Below are some activities and practices that you could try to achieve self-awareness.

Take Time to Self-Reflect

When starting off your journey toward achieving self-awareness, it's a good idea to start off by doing some self-reflection. You need to do some critical thinking and analyze all aspects of yourself, determining how and why you do things. This can help you to learn things about yourself that you've never been aware of.

You can practice self-reflection in any way that suits you and gets you the best results. As long as you're self-reflecting, it doesn't matter in which way you decide to express them—you could write them down, say them out loud, or even just think about them silently. Everyone is different, so try out as many ways as you want and then stick with the one way that works best for you. To build self-awareness into your psyche, try to do some self-reflection every day to see consistent results. Integrate it into your daily routine; for example, you could do some self-reflection in the morning before you start your day, or you could do it at night and self-reflect on everything that happened in your day.

Talk to People You Love

As much as it's important to use your interpersonal relationship to gain self-awareness, it's also important to gain external input. Sometimes, getting feedback from people in your life is just what you need to push your journey of self-awareness in the right direction.

It's crucial to talk to people who love and care for you because you need help from someone who has your best interest at heart. Once you've found the perfect people, ask them questions about yourself. Let them give you specifics about your personality and behavior such as how you are in a friendship, how you act under pressure, and how they see you. You must also ask the questions you may not like the answers to because they must also let you know what traits they don't like about you.

Gaining an external perspective of your personality and character will help you to see yourself from a different point of view. You're so used to the version of yourself you see in your head, so it will help your self-awareness to know what others are seeing in you.

Practice Mindfulness

Having mindfulness means that you are constantly attentive to how you act and behave. You're present in the moment, and you're aware of what you're doing and what's happening around you. Sometimes, it can be difficult to obtain mindfulness, as we often get carried away by our thoughts or something that distracts us from what's happening in front of us.

A great way to practice mindfulness is by partaking in meditation. Meditation can be performed in an endless amount of ways. When doing meditation to practice mindfulness you should find one thing to focus on—this could be your breath, a feeling, or a sound. Find anything that will keep your attention for around 10 minutes. You can then find a quiet space to lie or sit with your eyes closed while staying focused on your medium of choice.

This exercise will help you to learn how to stay present at the moment, and you'll get into the habit of controlling your thoughts. This will help you to be aware of yourself and your surroundings more, as you will be paying more attention to how you behave.

Physical Exercise and Activity

A great way to grow self-awareness is through the use of exercise. Exercise can help you to clear your mind because, at that moment, you're focused on the activity that you're doing. You can choose any form of exercise that works for you. Here are some ways to exercise that you might enjoy (Davis, 2019):

- Cardio. If you're someone who enjoys walking or running in the outdoors, cardio is the perfect exercise for you.
- Weight training. You may be looking to push your body to its limits by using weight training to shape and tone it.
- Sports/ If you're someone who enjoys exercising in teams, you may want to consider joining a team.

Journaling

Journaling can be used to do some self-reflecting. Sometimes, it helps to write your thoughts out through the use of pen and paper. When we approach self-reflection, it can be very

overwhelming; you may have millions of thoughts bouncing around your head, making it difficult to pinpoint what you want to note about yourself (Davis, 2019).

Journaling down these thoughts may make it easier to organize your thoughts and opinions. You may even be able to make a deeper, more accurate analysis of yourself. If you try journaling and it feels like the best way for you to self-reflect, try to journal at least once a day. The benefit of journaling is that you can do it as often as you please, just buy a nice diary or notebook where you can jot down all your feelings and analyses. There are many ways to journal, but here is a journaling exercise you can do to build your self-awareness.

When you're journaling for mindfulness, you need to ask yourself questions that will help you to get to know yourself in all aspects. You can answer these questions all on your own, or you could ask other people for their input, to gain another perspective. These are some examples of questions you can answer:

- *What are your weaknesses?* Although we don't enjoy thinking about our negative attributes, it's vital to know our negatives so that we can work on improving ourselves. Every person has

flaws, but this doesn't make them bad people. Acknowledging your weaknesses doesn't make you a failure, but it makes you self-aware of what to work on.

- *What strengths are you most proud of?* You need to acknowledge your positive aspects! When you have lower self-esteem, you may find it difficult to see your strengths. If this is you, then try to ask friends and family to point out strengths they notice in you. Remember that you have gifts and a talent that makes you special.
- *How can you take advantage of your strengths?* After you've determined what your strengths are, it's time to put them to good use. Find out how you can utilize these positives to improve the quality of your life. For example, if your one strength is that you are creative, you can use this skill to help you through stress. You can try doing arts and crafts, or choose any medium to express your creativity—this can act as a peaceful outlet that can make you happier.

Chapter 4: Self-Exploration

When you're a teenager, you are entering a phase of self-exploration. This means that you're interested in learning about your identity and exploring the different facets you're made up of. When you explore yourself, you begin to build a healthier relationship with yourself because you have a better understanding of your true nature.

Why Is Self-Exploration of Identity Among Teens Important?

It's an important part of life to go through self-exploration, especially for teenagers. As a teenager, self-exploration is intriguing as you're just beginning to grow into yourself, and you're starting to express your true personality. You're

in a phase of life where you're ready to explore all aspects of yourself, and by doing this, you could gain a positive self-perception.

Self-Identity

We often take for granted how important it is for us to have an identity. An identity is how you would holistically define yourself; this includes your personality, belief system, morals and values, and your behavior. Your identity also defines how you place yourself in society. Knowing who you are can help you to pick suited people in your life; for example, if your personality is upbeat and you are a devoted Christian, then you'll find friends that have similar beliefs and personalities. Understanding your identity can also help you to find a career path because, through self-exploration, you'll discover what field is suited for you.

Self-identity is a complex concept that is important to start exploring when you're a teenager, but once you start this journey, it never ends. We're constantly evolving and adapting to new systems and beliefs, and that's what makes it so important to learn how to explore yourself. Having a healthy perception of

your self-identity will help you in many aspects of your life.

Impact of Self-Identity on Your Self-Esteem

Determining a self-identity can have a positive impact on your self-esteem; in fact, your self-identity can be the foundation of healthy self-esteem. When you feel that you have a good idea of who you are, you're able to have a healthy and realistic perspective of yourself.

Self-identities are complex concepts that can't be described in just two words. There are many factors to consider when determining your self-identity, and this can help you to have healthy self-esteem. This is because you understand that you're a complex person with lots of different facets contributing to your personality. You don't see yourself as just good or bad. You know yourself for both your strengths and weaknesses, and you're able to acknowledge that you have positive attributes.

Knowing your self-identity also helps you to fit into the right crowd. You'll find friends that are good for you and form healthy long-term relationships. These are the friendships that can

improve your overall self-esteem and make you feel more confident about yourself.

A Teen's Identity

Your identity can be impacted by both internal and external factors. Your environment that you're in can affect how you identify; for example, if you come from a family that loves sports, you may find that you grow up to have an identity related to a sport you enjoy. Internal factors that could influence your self-identity include your personality type, your pattern of thinking, and your emotional intelligence.

Symptoms of Identity Issues

Forming your own identity that is separated from your surroundings is important so that you can see yourself as an independent individual. If you're unable to explore yourself and determine your self-identity, this may lead you to suffer from an identity crisis later on in your life.

To avoid experiencing this one day, it's a good idea to look out for identity issues while you're still a teenager. This is because it'll be easier for you to solve these issues at your current age while you're beginning to explore your personality. If you leave identity problems for too long, they'll be more difficult to tackle, and this could result in an unwanted identity crisis. Below are some symptoms to watch for.

Valuing Status Symbols

If you value materialism as a way to earn a status symbol, it could signal a lack of self-identity. This means that you prioritize possessions in your life, and you use them to portray your status and value to others. For instance, you may get a new designer dress, and this becomes your pride and joy. You wear it to school every day to show off, and you continuously show off your flashy branded clothes to get positive attention and compliments from your friends. Although it can be harmless to show your friends new stuff that you're excited about, it can be harmful when it becomes an unhealthy pattern of behavior. You can notice when it's out

of hand if you would associate yourself with your materialistic items.

Acting Too Mature

As teenagers, it's common to want to appear older and more mature than you are because your peers act like it's "cool." However, it can be seen as an unhealthy form of self-identity when you genuinely view yourself as older than your actual age and your peers. This symptom can be identified through the following signs:

- Substance abuse of drugs and alcohol
- Premature sexual activity
- Talking down to others of the same age

Having this perception of yourself can cause you to grow up too quickly. Your teenage years may seem long and silly at times, but when you're an adult, you'll look back to this age and wish you had appreciated it more (Watson, 2019). Enjoy your youth!

Rebelling

Sometimes, as a teenager, it can feel like you're so restricted by all the rules your authorities put into place. This can make you want to rebel against them because you're tired of being told what to do and what not to do. However, it's important to remember that these rules put into place are there for a reason, and it's for your own safety.

Wanting to rebel at this age is normal, but most of the time, teenagers who are tempted to rebel don't actually do it. If you do, you may feel a sense of guilt and try not to rebel again. This is a healthy response to rebel, but on the other hand, you could get carried away. For some teenagers, rebelling is how they define themselves—a good example of this behavior is the disruptive class clown in your class. They're always up to mischief and causing chaos in the classroom. They use rebelling as a way to get attention, and they identify themselves as rule-breakers. This could cause long-term issues, as you'll always be seeking attention from people for the wrong reasons (Watson, 2019).

Worshipping Idols

We all have role models that we look up to, and these are often celebrities like actors and actresses, singers, and social media stars. Looking up to people that we admire is perfectly normal—in fact, it's healthy to aspire to achieve as much as your influential figures.

However, this can become unhealthy when you begin to worship these idols. If you find a celebrity that you identify with and you begin to overly obsess over them, this becomes an unhealthy habit. You may even go to the extent to become exactly like them, and you associate your self-identity with them. This can be unhealthy because you begin to lose your individuality and you forget about your true nature. In severe scenarios, this can lead to an identity crisis because you don't know who you are without this famous figure (Watson, 2019).

Joining Cliques

At this stage of your life, friend groups are important, and there's pressure for you to fit

into the popular crowd. Friendships feel very high stakes, and it's a teenager's priority at this age because no one wants to be the person who doesn't fit in and has no friends.

Getting into this mindset can be very toxic, and if you get into a clique that is popular and cool, you may begin to obsess over it. You define yourself as a member of this clique that everyone wants to be in, rather than identifying yourself as the unique individual you are. You may even find yourself changing your personality or the way you behave just so that you can fit in. This could furthermore lead you into losing your true self, and over time, it can confuse you thinking about what your actual self-identity is (Watson, 2019).

Adolescence Self-Exploration

When you enter the age of adolescence, you become more curious about yourself and life in general. This causes you to do some self-exploration to discover more about yourself. At this age, you are also able to think more critically about all sorts of things, and this makes exploring yourself easier.

From this venture of self-exploration, you can achieve a lot such as being able to define your role in society and seeing your role in the bigger picture of the whole world. This can make your journey through life easier because you know where you belong. However, when exploring yourself, you won't find everything about yourself straight away. It'll take some trial and error for you to learn about your true identity. You may try out many different hobbies and interests, as well as try to engage with a variety of friend groups. From this, you're able to have a better picture of who you are and what you enjoy associating yourself with in your life.

Once you've done some successful self-exploration, you will feel more at your place in society. You'll have strong beliefs and morals that you stand up for, as well as a faith or religion that you follow. All of these things help you to find more purpose in life, and you'll find stability in yourself and your social circles.

Process of Identity **Development**

As established earlier, self-identity is discovered during adolescence. However, there are different phases of your adolescence that lead to different types of self-exploration. When you're between the ages of 11 and 14, this is when your journey begins and you start to desire to find a self-identity. You begin to grow within yourself and start to express yourself in multiple ways. From the age of 14 to 18, you're at the peak of your self-exploration. This is when you actively explore and express your self-identity, as well as imagine your purpose in society. Between the ages of 18 and 24, you think of your self-identity deeper, and you explore yourself in terms of your future and career.

You may be wondering how you go about forming an identity for yourself, but believe it or not, you may be on the path of forming one without even noticing. Self-exploration is something that can occur subconsciously as you grow older, but there are factors and events that can catalyze your self-exploration.

Significant Events

A significant event in your life could prompt you to begin your journey of self-exploration. For

example, if you are going through a change of friends, you may experience a change in your mindset. You may have previously had toxic friends, and now you're surrounded by healthy friendships. This can make you feel the need to develop as a person, and explore yourself holistically. You may have also been a different version of yourself with your toxic friends because you were acting like someone you weren't so that you could please the people around you. Having the right types of friends will help you to express your true self, making developing your self-identity easier and healthier.

Personal Factors

All the factors that make you who you are, such as your race, gender, sexuality, and religion, influence your self-exploration journey. These personal factors make a part of your identity, and it's important to explore them all to gain a better understanding of who you are. Your race has an impact on who you are because there is a lot of history behind it. Sadly, we live in a world where people can be prejudiced toward you because of the color of your skin. Understanding

the history of your race is important, as you're able to identify yourself for who you are, rather than how people treat you because of your race.

All of these personal factors can be highly judged by society, and you may be treated differently because of it. It's important for you to realize that this bias doesn't determine your self-identity or your self-worth; you are in control of how you view yourself.

Family

Your family and home environment have a huge impact on how you identify yourself. The cultural and religious traditions that you grow up with can become a part of your being. For instance, if your parents are Catholic, they have traditions such as going to church every Sunday, praying before every meal, and reading the Bible every day. These habits can rub onto you, and it can become a part of your self-identity that you're a Christian who practices Catholicism.

Your family's personalities and characteristics can also have an impact on your self-identity. If your parents are pessimistic people who constantly see the negatives in situations before

acknowledging positives, it can impact how you view yourself. You may begin to adapt to this mindset, and this can make you see yourself in a negative light. Furthermore, it could discourage you from doing self-exploration altogether because you may feel no desire to learn more about yourself.

It's important when finding your own self-identity to not completely associate yourself with your family. You need to find a self-identity that expresses your individuality because, at the end of the day, we are all unique, regardless of our upbringing.

Space and Time

There's no wrong way to explore yourself and your identity. It's different for everyone—some people need to be surrounded by others to explore their self-identity, whereas others need their own space and time to delve into self-exploration. You can try out both ways and see what works best for you.

Most people who are more introverted with a high level of emotional intelligence prefer to have their own space to do some introspection.

This is because they enjoy exploring themselves by going through their thoughts and taking the time to analyze themselves in a space where they feel comfortable (Williams, 2018).

Questions for Teens

If you feel as though you aren't ahead in self-exploration, a great way to start your self-exploration journey is by asking yourself questions. These questions will help you to learn more about yourself and what you stand for. They don't have to be complex questions, in fact, it's the simpler questions that can tell a lot about yourself. Start by asking yourself:

Who Am I?

This is the big question that every teen needs to ask themselves, as it's the basis of getting to truly know yourself on a deeper level. This is a question that you're only able to answer on your own because no one will be able to determine who you are beside you. Although it's a short

and simple question, the answer encompasses many possibilities.

Your answer should include who you are as a person and how you behave around others, as well as details about your personality and characteristics. This answer must showcase a realistic version of yourself that includes both positive and negative aspects of yourself. Whilst answering this question, dig deep and find out new things about who you are.

We often take ourselves for granted and think that we must know everything there is to know about ourselves. However, there's so much more to you than you think! We're such complex human beings who are constantly able to learn new things about ourselves.

Here are some more questions that you can ask yourself (Ginsburg, 2018):

- *Who am I separated from in my family?*
It can be difficult to disassociate ourselves from both our parents and siblings. Your parents are the people who raised you, so they have a huge influence on who you are and how you behave. Your siblings grew up alongside you, and you experienced the same upbringing, so having this in common can make you

similar in many regards. It can sometimes feel like your family defines you as they are part of your identity, however, it's important to separate yourself from them and discover who you are without your family's influence.

- *Do people enjoy my company?* This is an important question to ask to explore how you act and behave around others, especially your friends. Ask yourself if you're a good friend who treats your friendships with love and respect. For this question, you could ask for your friend's input because they'll be able to give you an external perspective of what it's like to be around you.
- *How do I keep my values while pleasing others?* In life, you need to find morals and values that are of importance to you. These help you to stay true to yourself and avoid doing things you don't agree with that are out of your character. You also need to learn to stick to these morals and not get persuaded to forget your values in an effort to impress people. You may find that some friends try to peer pressure you into disregarding your

morals, but remember that it's okay to say no when you're uncomfortable.

- *Who am I attracted to and who's attracted to me?* When you're a teenager, you begin to open up to the thought of romantic relationships. You find that you feel attracted toward certain people. This can become a part of your identity, as your type shows what you like from other people. You'll also begin to notice other people being attracted to you at this age. You might find that the type of people you're attracted to is not the same type of people that are attracted to you.
- *What career will I choose?* Although you could be too young to start working, it doesn't mean you're too young to start thinking about which career field interests you. Knowing your passions and interests is a big part of your identity. You should explore different types of fields and see what suits you. Not only will finding the right job that suits you make you happy, but you'll also be able to succeed and make a good source of income one day.
- *What are my strengths and weaknesses?* This is an important question to ask

yourself because you need to be able to acknowledge the different sides of yourself including the good and the bad. Discover what skills you have and how you can utilize them to benefit yourself. You must be honest with yourself when determining your weaknesses, and from this, you can find out ways to improve these weaknesses. Knowing your strengths and weaknesses can also help you to know what career path is for you.

- *How can I contribute to the world and society?* This question can help you to determine what aspects of yourself can provide benefits to the world around you. It helps you to see the good in yourself because you're willing to be a productive member of society. Being a positive contribution to your environment will show you that you have a purpose in this world, and this can be something that adds to your identity.
- *What are my beliefs?* What you believe in can have a huge impact on who you are and your outlook on your life. Your belief system can include your religious and cultural traditions. You don't have to choose the same belief system that you

grew up learning from your family—you can find your own path. Choose to believe in something that best suits you and your character because that way it'll be more heartfelt and purposeful.

Journaling Exercise

This journaling exercise will help you to ask additional questions that can further your self-exploration. Writing down the answers to these questions may help you to find more clarity about yourself. It can also get you out of your comfort zone, by getting you to think about yourself more than you have before. You could write down answers to the questions written above, or you could use the additional questions below. If there are more things you want to find out about yourself, then you can formulate your own questions.

How Would You Describe Yourself Overall?

This is a good question to start off with, as it can be helpful to begin your journaling with how you initially view yourself. Your answer to this question may be very simple, short, and sweet, as well as something you commonly say about yourself. From this, you can go and ask other people in your life to describe you in a few sentences. You should journal down everyone's response, and by the end of this exercise, you'll be able to compare what others see in you to what you see in yourself.

What Are You Passionate About?

Finding what you're passionate about can open the door to self-exploration. It's normal to have multiple passions, as you're a complex person with different interests. Your passions can relate to each other; for example, you could be passionate about soccer and swimming—these are both athletic interests. Your passions could also be completely unrelated to each other; for example, you could have a passion for science and a passion for Instagram modeling.

Having many different passions doesn't make any of them less valid. You may even find it difficult to identify what you're most passionate about. Knowing your passions helps you in life as you're able to venture into hobbies and careers that bring you joy and best express your true self.

What Is the Top Priority in Your Life?

It's also important for you to know what your priorities are, as this determines what you value the most in life. Write down all the people, activities, and events that make up your day-to-day life. This can include your family, homework, sports, and your friends. You may have a long list of things that make up your daily routine, but it's time to make that list shorter.

This can be done by narrowing down your list to the stuff that's more important to you—the ones that you need to be happy or to get to where you want to be. Ensure that your priorities are healthy things that will help you to live a better quality of life. Work on getting rid of priorities that harm you or the people around you.

Chapter 5: Self-Improvement

Once you've explored yourself and you're self-aware of all your good and bad characteristics, it's time to work toward self-improvement. Self-improvement is a great tool to use to make you ultimately become the best version of yourself, which can make you feel more confident in yourself while improving your self-esteem.

What Is Self-Improvement?

Self-improvement is the act of trying to work toward being the best version of yourself. This takes hard work and introspection to find out what you need to improve, and it's a natural process that contributes to your personal development. We're constantly improving and developing ourselves as we go through life. As a teenager, it's important to constantly improve yourself, as the habits and behavior you learn

while growing up can become a pattern for your future.

Remember that no human is perfect; we all have flaws and aspects of ourselves that could use improvement, so it's important not to strive for perfection, as that is unattainable. The best thing for you to do is to improve aspects of yourself that will make you better and happier in the long run. Don't strive to improve yourself out of self-hatred. True and real self-improvement can only take place when it's facilitated with self-love and care (Femsplain, 2015).

The Best Way to Improve

Sometimes, when we think of ourselves and all the things we need to do to improve, it can get overwhelming. It's better to focus on one flaw at a time, rather than trying to improve all of your weaknesses at once. This can be helpful as you're able to put all of your hard work and energy into one improvement at a time, and this can lead to sustainable and long-term growth.

Many people start self-improvement by putting themselves down. You may say to yourself, “I’m not good enough; I need to be better,” “No one will love me for who I am, so I’ll try to improve to impress them,” or “How can I be better so that I’m worthy of happiness?” This would be the wrong way to begin your self-improvement journey. You want self-improvement to come from a place of love and care for yourself.

It's crucial to establish a foundation of self-love and confidence because you need this for healthy growth. When you approach yourself with this positivity, it becomes easier to turn your improvement into long-term personal development. This will make your improvements adjustments that you grow with and continuously learn from (Jarrett, 2018).

The Process of Self- Improvement

The process of self-improvement teaches you how to grow healthy self-esteem and confidence. You learn how to adapt yourself to change and improve yourself in these

circumstances; this is especially important to learn when you're a teenager. At this age, you're introduced to change and you start to figure out that change will be the only constant in your life. It's beneficial for you to be capable of improving yourself in the condition of change. These are some other benefits to learning how to improve yourself while you're a teenager.

Increase of Self-Awareness

In order to achieve self-improvement, you need to be self-aware of the flaws you need to improve. You're only able to improve your weaknesses once you know exactly what it is you have to work on. Use the given self-awareness tactics to help you to learn more about yourself, making your self-improvement journey more efficient.

While working on yourself, you may find that your self-awareness increases on its own. Embarking on a journey of self-improvement will cause you to understand and learn more about yourself. You're able to identify your flaws and strengths and determine how you can improve them for your benefit. When you're pursuing long-term improvement, you also

become more self-aware, as you have to monitor your behavior to see if there's progress in your improvements. For example, if your goal is to be more optimistic about life, then you will actively try to work on it because many improvements don't just happen overnight. You'll constantly adjust yourself to this mindset, and this will make you self-aware when you revert to your old ways of pessimism.

Learn New Skills

When you're working on self-improvement, you can target your weaker areas and work on them, or you could find your strengths and work on improving them and utilizing them more. On the other hand, you can also work toward improvement by developing and growing your skill set. Having a variety of skills can make you a more productive person, which can in return improve your self-esteem and confidence, as you feel like a useful member of society.

There are many skills out there that you can learn, here are some categories of skills that could give you an idea of what types of skills you'd be interested in learning:

- **Organizational Skills:** These skills are important as you can learn how to stay on top of everything in your life. This can make you more efficient and relieve you of a lot of stress. Examples of organizational skills include planning your daily routine, setting goals and visions, and multitasking.
- **Communication Skills:** In life, having communication skills is necessary to get things done efficiently. Being able to have communication skills can help with teamwork skills as well as social skills. Examples of communication skills include good listening, empathy, and public speaking.
- **Critical Thinking Skills:** Critical thinking is a vital skill for you to have that can help you to make better decisions and come up with logical conclusions. Some critical thinking skills are analytical thinking, evaluating, comparing and contrasting, and decision making.
- **Creative Skills:** Creativity is a skill set we could all do with in our daily lives. This helps us to stay imaginative and innovative, and there are many different

ways in which you can express yourself creatively. Some creative skills include problem-solving, open-mindedness, brainstorming, and adaptability.

Improved Self-Esteem and Self-Respect

Showing the will to improve yourself, to become the best version of yourself, shows self-respect. You respect yourself enough to use self-love to nurture self-improvement, and in return a better quality of life. By working hard to improve yourself, you're going to experience a happier and healthier lifestyle, which can make you have more self-respect for all the hard work you've done to improve yourself and your life.

While you're working toward self-improvement, you'll improve your self-esteem. This is due to the fact that you're practicing self-love while becoming a better you. You begin to see all the positives of yourself on this journey, and you're able to acknowledge that you're a well-rounded human who is always going to be perfectly imperfect. Once you've gone through self-improvement, your self-esteem will become exponentially healthier, as you'll get to know a

better version of yourself that radiates love and positivity.

Discovering and Building Strengths and Talents

Although self-improvement is associated with focusing on your weak areas and flaws, it's not the only way you can strive to improve yourself. You need to be able to identify your strengths and talents, as they have a role in helping you to become the best version of yourself you can be. It can often be difficult to see the positive sides of ourselves, but you should take the time to think about the great aspects of yourself—what are your talents, strengths, skills, and capabilities?

After identifying these strengths and talents, it's time to build them to become even better and more useful to you. You can work on training these strengths so that you can hone your skills, and utilize them in a way that benefits you. Find different ways in which you can put your strengths and talents to good use by looking for different hobbies or activities that may interest you. For example, if your talent is painting, you

could try to find an arts and crafts club in your school, or you could find a club outside of school that allows you to express this gift.

Identifying How to Become a Good Student or Employee

When you work on improving yourself holistically, you also improve how you are as a student or employee. You are able to observe your behavior at school or work and see if it's appropriate enough for you to be achieving all the things that you desire.

At school, you can notice if you're a focused student who pays attention in class and is able to concentrate on tasks at hand, rather than getting distracted by your peers. If you identify that you're not a focused student, then you can work toward improving this by setting goals for yourself and ensuring that your priorities are in check. Your priorities should put your schoolwork over your social life, as it's your schoolwork ethic and results that will help you to get far in the future, as well as it will keep you out of trouble with your naughty peers.

When you're an employee, you want to be a dedicated worker who accomplishes all of their tasks promptly. You want to show a good attitude in your work environment so that your employers know that you're capable of good work and that it's enjoyable to get work done with you. You may be battling to be the best version of yourself at work because you're tired and unmotivated, but try to think about what you can achieve from work, and remember that having a positive attitude can get you far.

Improving Your Quality of Life

The main objective of life is to live a long, healthy, and happy life that provides you with many benefits. Everyone wants a high quality of life—it's why we go to school so that we can get a good job and achieve a good income that allows us to live a great lifestyle.

By improving yourself, you improve your work ethic and your skill set. This helps you on a journey to making a good living one day that will allow you to gain wealth which can help you to live a better quality of life. You're able to live in the house of your dreams, go on those holidays, and buy all the luxurious products you desire.

To many, having lots of money is their idea of having a good quality of life. However, there are some things in life that money can't buy. Your happiness and peace are one of them. Although money can alleviate many stressors in your life, your mindset has the biggest control over your well-being and quality of life. You need to be thinking positively in order for you to reap the benefits of life. By improving yourself, you're also improving your mentality, helping you to think in a healthy manner that nurtures self-love.

Health Benefits

Improving yourself holistically can also result in health benefits. A better frame of mind and a positive outlook on life, it has a huge positive impact on your mental health. You're able to maintain a positive mindset, helping you to take on life without getting too overwhelmed. Being mentally well can help you to feel better in your body.

Not only will you obtain mental health benefits, but you will also experience physical benefits that can improve the way you feel on a daily basis. When you're improving yourself, you may

decide to improve your lifestyle and become healthier. This means that you could introduce a healthy diet into your life, where you eat foods filled with nutrients, and you ditch saturated fats and junk food. You could even start a daily workout routine where you improve your fitness.

Living a healthier life can provide you with numerous health benefits. You may find that those health ailments that you felt on a daily basis, such as stomach issues and headaches, completely go away. It will also help you to feel lighter, and you find yourself feeling a lot better in terms of your moods, as your health can have a big impact on your behavior and how you act.

Enriching Social Skills

When you improve yourself, you're not only making life better for yourself, but you're also improving other people's experiences with you. From this journey of self-improvement, you'll find that your confidence will increase because you know that you're becoming a better version of yourself. When you're confident, you find it easier to socialize and meet new people; you're

also more open and receptive to new, positive experiences.

Along with an increase in confidence, you'll also have an improvement in many other social skills such as communication and listening skills. This will help you to be the pleasant company that people want to make friends with consistently. If you have any weaknesses in terms of socializing, you can make it your goal to work on improving them. Once you put your positive and confident energy out there, you'll attract the right friends that will make you happy.

Becoming More Independent

As a teenager, it's important to learn how to become independent because as you grow up, it can be easy to fall into the trap of being dependent on other people and belongings. You may find toxic codependent relationships that you rely on for your happiness, or you could depend on material items or substances that allow you to escape from your reality.

When you're on the journey of self-improvement, you learn how to be a strong pillar for yourself, and you avoid relationships

that require codependency. Improving as a person also helps you to attract healthy relationships that give you the space to grow independence.

It's important to learn independence while you're younger because it'll be an easier habit to adapt to as you grow older. You'll be able to go through life avoiding toxic people and activities that promote unhealthy codependency. You'd rather thrive in independence and achieve remarkable accomplishments all on your own, such as educational planning and staying on top of your schoolwork, learning how to manage and make your own money, and when you're older, paying all of your bills without relying on others financially.

Handling Change and Transitions

Approaching change in your life can always be difficult, especially as a teenager when everything can seem so overwhelming. However, when you are going through self-improvement, you're teaching yourself how to deal with these changes by constantly evolving yourself. When you're changing internally, it

makes it easier for you to adapt to the change happening around you.

Change is a constant in our lives, and it's not only always happening around us, but it's also constantly occurring within ourselves. In fact, changes and transitions in our life can act as a catalyst that motivates us to improve ourselves. Instead of fearing change, embrace it so that you can pursue being the best version of yourself (Fletcher, 2015).

How to Stimulate Personal Growth

Personal growth is not an easy journey. You may think that this is something that a little hard work and energy can achieve, but that's not quite the reality of it. In order to achieve true and permanent personal growth, you need to be dedicated and continuously work on it. Personal growth is a never-ending process that you need to introduce into your daily routine. On top of this, you'll be faced with countless obstacles that may even take you off track.

This may all sound stressful to you, but stimulating personal growth is not all difficult. This is also a fun process that will leave you with endless benefits that will improve your quality of life. Below are some ways you can start your personal growth and introduce it to your way of life.

Interact With New People

Meeting new people is a great way for you to open up your horizons in a multitude of ways. You can begin by meeting up with friends of friends that you've never met before. This way, you're still in your comfort zone of meeting people you don't know, or you could meet up with completely random people at different types of places so that you can push yourself out of that comfort zone.

By doing something different that you don't usually do, you're pushing your limits—this can help you grow your confidence. Doing this is also beneficial, as you begin to meet new people who can open your eyes to a new world. Surrounding yourself with people of different tastes, interests, and views can help you to grow as a person. This is because you begin to see the

world in a new light, and it can challenge you to be the greatest version of yourself (Bahl, 2018).

Read Books

In this day and age, it's more common to see teenagers watching TV shows and movies than reading books. Although watching TV can have its benefits, nothing compares to reading a good book. By submerging yourself into a good book, you can grow as an individual, as you relate to the characters and grow with them.

Fiction books can be entertaining and helpful to read, however, reading a nonfiction book can provide you with those benefits and even more that will help you on your personal growth journey. There are an endless amount of nonfiction books that give you information and tips on how you can achieve personal growth.

By reading approximately 10 pages of these nonfiction books daily, you'll end up with a fountain of knowledge. You don't have to restrict your nonfiction books that are specifically about personal growth. You can read books about lots of topics that interest you, as well as topics that you've never shown interest

in or heard of before. By doing this, you broaden your knowledge about life, and this can result in a form of personal growth that expresses open-mindedness and understanding of the world around you (Bahl, 2018).

Less Talk, More Action

We've all experienced a time where we came up with an exciting idea that we couldn't stop thinking or talking about, but then when the time comes to execute this idea, your motivation is lost. You end up forgetting all about this amazing idea that you had and never put it into action.

It's important to learn how to talk less and act more. You need to start doing, instead of merely daydreaming and fantasizing. If you get an idea to start getting healthy and fit, then act on it on the same day. Do a workout and eat a healthy meal. If you have an idea to start a creative project, just get started.

You may be deterred from starting these ideas because your mind is filled with doubts like *I don't think I can do it, I'm not experienced enough, or this is too difficult to start*. Although

these are all valid feelings, stop letting your excuses block you from experiences that can help stimulate personal achievement. Remember that everyone starts somewhere, and no idea is too big to achieve if you break it up into manageable goals. Get started now because no matter what happens, it'll help you to grow in many ways (Bahl, 2018)!

Embrace Discomfort

Nobody enjoys uncomfortable situations which push your limits, but regardless of how uncomfortable it feels to be in these situations, it's vital for your personal growth. You can't achieve true growth by staying in your comfort zone. Instead of letting the discomfort discourage you, rather look at it as a learning opportunity. Realize that from this will come personal growth and maturity, and that will help you to deal with other situations in your life with ease (Bahl, 2018).

Activities for Personal Development and Self-

Improvement

Aside from the given tips to stimulate personal growth, there are specific activities you can try out to increase personal growth and self-improvement. If you're someone who battles to actively grow, then these activities will be perfect to try. You can start off small by attempting one or two, and then you can accelerate your personal growth process by trying out multiple different activities at once.

Focus On Gratitude

We can often get so swept up in our chaotic, stressful lives that we forget how lucky we are. We need to learn how to be grateful for all the blessings we're surrounded by on a daily basis. You should be grateful for each day you wake up, every meal you get, and the shelter provided for you. These are things we often take for granted in our lives, but it's important for us to acknowledge all the positivity that surrounds us.

Making gratitude the focal point of your thoughts will help you to stay positive and will

help you to seek personal growth. You can introduce gratitude into your life by finding a time in the day to sit and think about everything good that is in your life currently. You can do this at a time that suits you best, but just ensure that you introduce this into your daily schedule, and do it consistently. A great time to practice gratitude is in the morning because that way you can start your day off on a positive note.

Physical Exercise

Physical exercise is a great way to teach yourself discipline, motivation, and hard work. These qualities are needed to pursue personal growth. When you work on improving yourself, it can help to add fitness into your daily routine, as it'll get you feeling positive, reduce your stress, and keep you motivated to strive to become the best version of yourself. You can start off by going for walks or jogs, and if you crave more of a challenge, then get into an intense workout routine.

Meditation

Meditation is a great way to center yourself and put you on the right track of personal growth. Sometimes, we get distracted by external factors, or we often lose our train of thought. When you meditate, you train your brain to focus on one thing at a time, ultimately making it easier for you to make self-improvement the focal point of your mentality. Try out doing meditation once a day for around 10 minutes, and take this time to focus on aspects of yourself that you want to improve and develop.

Acts of Kindness

When striving to become the best version of yourself, kindness should be incorporated into your psyche. Love and kindness truly make the world go round and you need to express unconditional love to the people around you. By doing this, you develop maturity and kindness which will make you a kinder person to yourself and a holistically nicer human being. Spreading kindness doesn't have to be expressed in a huge gesture—you could simply smile or greet a

stranger, you could give your friend a compliment, and you tell the people in your life how much you love them. You'd be surprised to know how much these small deeds can have a positive impact on you and the people surrounding you.

Surround Yourself with Positivity

You can only work toward self-improvement if you surround yourself with love and positivity. True, long-lasting personal development has to occur where there's positivity. You can fill your life with positivity using the following different ways:

- **Find Something That Excites You:** It can be difficult to stay positive in life when you're constantly bored by your circumstances. By finding something exciting that you can look forward to, you're able to wake up every day with a positive mindset.
- **Be in Nature for 20 Minutes Every Day:** Being indoors for a long can make us feel depressed. We can often forget how much having some fresh air, and

being in sunlight can transform our moods to become more positive.

- **Avoid Negativity:** This is easier said than done, as we're constantly surrounded by negative energy, people, and situations. However, you can avoid those toxic friends that bring you down, and you can try to see the positives in your negative situations. If you have the power to get rid of negativity coming your way, avoid it at all costs!
- **Limit Your Time Watching Television, as Well as the Time That You Spend on Social Media:** These electronic platforms can become really addictive, and you may begin to rely on them for escapism. However, these platforms don't always radiate positivity. Trade time used on the Internet or sitting in front of the TV for real-life interactions. Socialize with your friends in real life instead of messaging each other through Facebook and Instagram.

Utilize Your Talents

We are all given some sort of talent and strength, and it's your job to utilize it! This can be used to help you to grow into the best version of yourself as you begin to embrace yourself in a positive light. By utilizing these talents, you improve them in the process, therefore holistically working toward your self-improvement. This also helps with your self-esteem because you're able to see that you are capable of doing good (Andra, 2016).

Journaling

Never underestimate the power of journaling. Journaling can also be used to stimulate personal growth and self-improvement. By writing down things about yourself you'd like to improve, you're able to make a concrete plan on how you can work toward achieving this. Here are some questions you can ask yourself to help you to work toward self-improvement:

- *What is one thing you'd like to change about yourself?* This is the time to do

some introspection so that you evaluate yourself and what aspects of you that you can improve. This can be anything from small things like what time you wake up every day to how you often use negative self-talk.

- *What is something you can do about it on a daily basis?* Your list of things to change may be overwhelmingly long, demotivating you from working toward self-improvement. To make this a more manageable process for you, you should break it down into smaller, achievable goals. By writing down these goals, you can create a daily routine that will help you to work toward your ultimate goal of self-improvement. For example, if your goal is to wake up earlier, then you can try to wake up 10 or 30 minutes earlier every day until you reach your goal wake-up time.
- *What would implement this new change feel like?* Working toward self-improvement is not a quick process—it takes time to reach these goals. It can be difficult to keep momentum. A great way to stay motivated to work consistently is by writing down how these new changes

can positively impact your life. After writing down your goals, write down how achieving them will affect you and how it will make you feel. You can then read through these points on a daily basis, to remind yourself what you're working toward and how it'll benefit your quality of life.

Chapter 6: Self-Care

“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others” - Parker Palmer (Goodreads, n.d.-b).

Life may be chaotic and overwhelming. You have to balance your schooling, your social life, and reaching your parents' standards, not to mention being the perfect teenager in society's eyes. This can feel like you're being pulled from side to side with no time left for yourself.

It's time to break free from the chains of pleasing everyone else. You need to start taking care of yourself! Although it may seem like a waste of valuable time, you'd be surprised to know how much a good hour of self-care can benefit your general well-being.

What Is Self-Care?

Self-care doesn't have to be extravagant, as long as you're doing something that makes you

happy. Participating in self-care can be as simple as watching your favorite Netflix show, doing an outdoor activity, or spending time with your friends. We all have different ways of taking care of our mental, physical, emotional, and spiritual needs. You need to remember that taking care of yourself holistically will help you to be the best version of yourself that's filled with confidence.

You need to create a system with yourself where you constantly check whether you're doing okay mentally. If you notice that you're struggling, going through a hard time, or you're just emotionally drained, then it's time for some well-deserved self-care.

Although it's good to spoil yourself with self-care every now and then, it's not something that should only be done occasionally. You also need to integrate self-care into your daily routine so that you're constantly prioritizing taking care of your well-being. You need to accomplish this by practicing mindfulness and be aware of how you are treating yourself.

Remember that you're not selfish for taking time and energy for yourself. It's completely healthy and necessary to take breaks from your busy schedule so that you can come back

rejuvenated and ready to take on the world with more capabilities.

Benefits of Self-Care

Self-care will provide you with endless benefits and can help you to function at your peak capabilities. There are different types of self-care practices that can provide you with different benefits. It could be what's missing in your life for you to become the best version of yourself that's ultimately happy and confident. Below are some benefits you can expect to experience from practicing self-care.

Reduces Stress

If you're experiencing lots of stress in your life, and you're someone who suffers from anxiety, take the time to consider whether you're giving yourself the necessary time to take care of yourself. You may notice that your schedule is packed with school, extra activities, and time used to please others. If this is the case, then you

need to indulge in some self-care. Choose to spend your time doing something that will calm you down and add a sense of peace and serenity to your life.

Not sure if you're suffering from stress? These are some symptoms of stress to look out for:

- Headaches
- Digestive issues
- Insomnia and fatigue
- High blood pressure
- Clenching of your jaw

Improves Physical Health

Not only should you practice mental self-care but you should also indulge in physical health maintenance. This means that you take the time out of your daily schedule to add health and fitness to your routine. By introducing yourself to a healthier lifestyle, you're showing care and respect for your body, and this will have a long-term benefit on your health. You'll find that you become less sick, and you'll even notice an

improvement in your moods and confidence (Stiver, 2020).

Enhances a Healthy Self-Esteem

When you take the time to look after yourself, you are acknowledging how worthy you are of treating yourself. This can grow your confidence because you are valuing yourself enough to give yourself breaks and activities that make you happy. You also get the opportunity to take a break from your hectic life, and this enables you to acknowledge all of the hard work you do. You'll gain healthy self-esteem once you learn to appreciate who you are and everything you do to get you where you are to this day.

Improves Decision Making

As a teenager, it can become daunting to be confronted with so many decisions. There's also a lot of opportunities for you to make bad decisions that can negatively impact you and your future. By practicing self-care, you're able to take the time to think through decisions and

choose something that will benefit you instead of harming you. You're less likely to make impulsive decisions, as caring for your well-being is your priority.

Promotes Healthy Relationships

When you use self-care in your day-to-day life, you begin to grow a healthy relationship with yourself. You learn how to take care of yourself and seek people that will be the best for you. When you form relationships, you ensure that the person is someone friendly and caring who will have your best interest at heart. Having healthy relationships is important in life because these are the people who will promote the use of self-care in your life.

Protects Mental Health

If you're someone who struggles with mental health issues, it's even more vital for you to practice self-care. Using self-care can help you to improve your mental health issues, and they could even get rid of them altogether. You need

to constantly treat yourself with kindness and health so that you're aware that your mental health issues are something that you can improve and accept (Harris, 2020).

Self-Care Tips

As stated before, self-care is subjective to each person. There are many different ways for you to express self-care, but it's all about finding what suits you. You know a self-care technique works for you when it makes you feel rejuvenated, confident, and at peace. Below are some self-care tools and tips that you can try out. Indulge in as many self-care tricks as you can, and incorporate the ones that resonate with you the most into your daily life.

Create a Routine

What can make practicing effective self-care so difficult is remaining consistent and doing it long-term. You may find that you partake in self-care every once in a while when you feel

exhausted and worn out, but you need to strive to make self-care a part of your daily or weekly routine.

You can achieve this by creating a routine for your self-care. You can get a journal or planner where you plan out when and how you'll practice self-care. You can decide at which time of the day to do it, how frequently you should be doing it, and whether you want to have the same self-care routine or switch up your self-care activities daily. By doing this, you make it easier to commit to something that is planned, as well as you can plan for it to happen at a time that suits you better. Convenience helps you to stick to a routine (Beresin, 2019).

Mindfulness and Meditation

A way to practice self-care is by staying mindful. You need to ensure that all your actions and behavior come from a place of caring for yourself. This will require you to make self-care a priority for you, so you can continue to stay mindful of how you're treating yourself. You should also be mindful of your thoughts, and make sure that you're thinking in a caring and positive manner instead of constantly putting

yourself down. Mindfulness will help you to stay consistent with your self-care (Beresin, 2019).

Meditation is a form of self-care that can help you to channel your thoughts. You can try different forms of meditation to focus on different types of self-care. For example, if you're experiencing lots of stress, then meditation is a great self-care method that will get your mind off of your stressors. Meditation is also a great way to focus your thoughts on prioritizing caring for yourself, as you can channel all your thoughts and energy into this one objective.

Exercise

Exercise is an activity that can help you to practice self-care. Working out frequently gives your body the physical self-care it needs to stay fit and healthy. There are many different workouts available for you, so you can choose any form of exercise that makes you feel the best. If you are looking for calming cardio that can get you in nature, forgetting about all your stressors, then you can go out for walks, jogs, or runs on a daily basis. However, you may want something more challenging that helps you to

push yourself. You could try out weight training and attend a gym to reach your fitness goals. With this type of exercise, you learn discipline and hard work, which can be a form of self-care for some people (Beresin, 2019).

Mind and Body Connection through Exercise

Exercise is not only used to improve your fitness and overall health but can also be used to enhance your mind and body connection. When your mind is in tune with your body, it can lead to many benefits that can help you to become holistically happier and healthier. A good exercise that can enhance your mind and body connection is yoga. This form of exercise also helps you to become more peaceful and mindful, which can help you to practice self-love, self-care, and self-reflection (Beresin, 2019).

Get Sufficient Sleep

It's true that sleep is the best remedy for whenever you feel ill, drained, or stressed. This is why it is one of the most important forms of self-care. In order for you to function to your full potential, you need between seven to nine hours of sleep per night, especially when you're a teenager—you're still growing, so you require more hours of sleep. This form of self-care can transform your mental health and happiness if you weren't receiving sufficient sleep beforehand. No matter which self-care tips you choose, it's vital that you make getting enough sleep a priority (Beresin, 2019).

Express Creativity

Believe it or not, we all have some type of creative streak in us. You may be thinking how that is possible if you're the worst artist ever, and you think more logically. Creativity is a spectrum, and regardless of how bad you are at art, you have some creative flair. This can make it a positive self-care tool to use. You can express your creativity in a multitude of ways; for

example, if you're a talented artist, you can use a medium of your choice to create meaningful art. You may express creativity in a different way, like showcasing your creative skills when it comes to cooking. You can cook different meals for your family as a form of self-care (Beresin, 2019).

Get a Pet

Pets can act as a form of therapy for many, as they're furry companions who will love you regardless of any of your flaws (as long as you feed them). If your parents are on board with you getting a pet, then it's a great idea for you to lift your spirits. Introducing a pet into the house can bring so much happiness, and playing with them can be a great form of self-care. You could snuggle with them, talk to them on walks, or simply play around with them. That's all it takes to achieve that rush of serotonin (Beresin, 2019).

Meet up With Your Friends

Having the right group of friends is a true blessing that you should take advantage of. It can be really difficult to find people with your best interest at heart who are willing to offer you their unconditional love. This makes them great companions to do stuff with every day. Hanging out with healthy friends can be a form of self-care, as you're able to escape from your hectic life, and live in the moment. Their love and care for you will also help to promote your self-caring attitude, and they may be able to be good listeners. When you're feeling down or you're in an uncomfortable situation, it can help to be able to vent to someone who cares about you (Beresin, 2019).

Embrace Nature

If you have a love for the outdoors and enjoy being in nature, then this is the perfect self-care tip for you. Sometimes getting some fresh air, getting some vitamin D, and seeing beautiful scenery can do wonders to the spirit. You can embrace nature in many ways, like going for a

hike or walk in nature. You could go on small trips to places that are surrounded by gorgeous greenery. Nature is all around us, and we should use it to help improve our well-being (Beresin, 2019).

Care for Others

You may be a compassionate and giving person who feels cared for when you care and act kindly toward others. Small acts of kindness can make you feel good about yourself and promote a self-caring attitude. This can help you to become happier, and you're able to spread positivity and love in the process (Beresin, 2019).

Spa Day at Home

We could all do with a good spa day, getting pampered and cared for. However, going for a full spa treatment can be too costly, but this shouldn't stop you from treating yourself. You can make your own DIY spa at home! All you'll need is an assortment of self-care products: some face masks, hair masks, foot scrubs,

incense, relaxing music, and a room where you can have complete peace. By creating this DIY spa, you get to experience this relaxing treat in the comfort of your own home. You could even do this with friends or family, and you can all take turns to give each other massages (Beresin, 2019).

Set Goals

Setting goals should be a must in your self-care routine. You need to make goals that are SMART so that they are something you know you're capable of achieving. This is what SMART stands for:

- **Specific:** This means that you should make a goal that is narrowed down to something specific, instead of making it too broad.
- **Measurable:** This means that your goal is quantifiable and you're able to measure how close you are to achieving it.
- **Attainable:** This goal should be something that you can achieve.

- **Relevant:** Your goal should be relevant to the big picture, and will help you to achieve bigger goals and dreams.
- **Time-Bound:** This means that your goal has a timestamp, so there's a date whereby you should have achieved this goal.

By setting SMART goals, you're taking care of yourself because you're striving to become the best version of yourself, but at the same time, you're not placing unrealistic expectations on yourself that can harm your mental health (Beresin, 2019).

Other Self-Care Activities

There are tons of self-care activities you can try out. If you're feeling imaginative, you could even come up with your own self-care activities that suit you best! Here are a few more self-care activities that will help you to get more immediate results.

Spend Free Time with Friends and Family

It's important for you to fill your free time with fun and positive activities that will bring you joy. You need to spend your downtime with the people that you love, as they will make you feel loved. As teenagers, it's normal to want to spend all of your time with your friends, but it's also important to remember to show love to your family. Your family will always love you unconditionally, and time spent with them can be a great form of self-care.

You can spend more time with your family by simply spending your weekends hanging out with them. You could also suggest that you guys should have family dinners, where you all eat together as a way to spend more time with each other (Segall, 2020).

Watch Your Favorite Series or Movie

Sometimes self-care can be as simple as watching television. When you watch a show or movie that you enjoy, it provides a source of escapism. At that moment, all of your stresses

and worries fade away, and you're focused on what you're watching. There is so much variety of content to watch out there, so it's also important to watch things with good messages. We forget how much things that we watch can influence our mindsets. This makes it vital for you to find positive content to consume.

Remember that all good things need moderation. It's important to ensure that you're not spending all of your time in front of a screen, as you need balance. Watching television constantly can have negative effects on your motivation, happiness, and most importantly, your self-care. Allocate no more than two hours of screen time in a day.

Learn a Hobby

There is a multitude of hobbies you can pick up. This variety makes it easy for you to find something that best suits your schedule and personality. You want to find something that's convenient for you but also teaches you something new. You can channel your creativity, athletic ability, intelligence, and craftsmanship. Whatever feels comfortable to you is a great place to start. This hobby can provide a sense of

self-care to you when you want to escape your stressful life, as well as this hobby, can open doors to your future because it may be something that you're talented at (Segall, 2020).

Emotional Release through Journaling

You may be emotionally overwhelmed by life and feel like everything seems to be spiraling out of control. It may be a good idea for you to use journaling as a way to release all of these pent-up emotions. You can do daily journaling where you write down about your day and all the emotions you felt. You should also end your journaling on a positive note by writing down something good that happened that day.

You can also use journaling as a way to determine how to introduce self-care into your day-to-day life. Writing down some possibilities and what you enjoy doing can help you to find the best self-care routine that satisfies you. Here are some questions you can ask yourself to get started:

- *What do you enjoy doing to cheer yourself up when you're feeling down or low on self-esteem? When you're feeling*

down about yourself or down in general, think about what it is you do to cheer yourself up. If it's something positive, then you can use it as a form of self-care treatment.

- *What do you love doing in general?* Think about all of your passions and interests, the things that you love, and the things that make you excited to do them. It's important to make your self-care routine filled with activities that you love. This is what makes it more exciting and easier to commit to.
- *What is something quick you can do to immediately make yourself feel better in situations where negative emotions arise?* Whatever you do in a negative situation to cheer yourself up is a good sign of what makes you happy. These are the activities that will help you stay mentally well.

Chapter 7: Self-Love

The only way to achieve long-term, healthy self-esteem is by practicing self-love. You need to have a good foundation with yourself, and this can be formed through nurturing yourself with love. You are so worthy and deserving of giving yourself, love. Without having self-love, you can't truly love others or respect yourself enough to become the best version of yourself.

What Is Self-Love?

Self-love is a lot more than just loving yourself—it's about the act of treating yourself with love and kindness. In order to display true self-love, you need to be kind to yourself and know that you are more than enough, regardless of mistakes or failures that you may experience. You appreciate and value yourself, and you show this through actions; for instance, you appreciate your body so you show it, love, by resting it often and giving it lots of needed nutrients.

You also prioritize your happiness and well-being. Although you may enjoy doing things for others and making people in your life happy, you make decisions considering what will be best for you. You know when to make selfish decisions that will protect your well-being and provide you with the happiness you deserve. This allows you to put your needs before others, and you value satisfying your needs over people-pleasing to make others happy before yourself.

When you have self-love, you know what you're worth and you don't settle for less. You hold high standards for the people you deserve in your life, and this helps you to seek healthy relationships from similar kind-hearted people. You're able to speak up for yourself when you notice that you're not being treated the way you deserve. This mindset helps you to get rid of people in your life who want to take advantage of you, and you attract the right type of people who will treat you with respect.

You're also able to be more assertive and set healthy boundaries. When you love yourself and you're aware of your worth, you are able to create boundaries that make you comfortable. Maybe you don't like it when your friend constantly tells you what to do, and you can set this boundary to let them know that you need

more support than discipline from them. This helps you to form and keep healthy relationships.

It can be difficult for us to break away from self-judgment. You may find yourself constantly monitoring everything you do and judging yourself for not being perfect enough. It's important to hold yourself to a healthy standard, but you shouldn't be too strict on yourself to the point where you're negatively judging your every move. Self-love is striving to be the best for yourself, and not judging yourself during the process.

When self-love is present, the relationship you have with yourself is healthy and you prioritize treating yourself the right way. You are kinder to yourself instead of beating yourself up when you do something wrong. You act and think with kindness toward yourself, and this can help you to be kinder to others. You are also true to yourself, meaning that you act with integrity, and you don't stray from your true nature. This helps you to avoid being fake and unkind to people around you.

This may all sound great, but it's impossible for you to stay kind and true to yourself all of the time. True self-love is being easy on yourself when you slip up and aren't as kind to yourself

as usual, and when you do something that goes against your character. You're aware that you can't be perfect 24/7, and you accept and respect yourself for it.

Why Is Self-Love so Important?

In life, we often experience ups and downs, and the downs can be difficult. You're left feeling down about yourself and struggling to find your worth. Like people, each one of us has experienced self-esteem issues to some extent, and they may have negatively impacted our mental health and quality of life. Self-love is what can stop this pain and suffering and contribute to making us become happy and confident people!

When you truly love yourself, you are more likely to make better and healthier decisions. These decisions can lead to improved well-being, as you put yourself first and don't beat yourself up about it. Self-love helps you understand how amazing you are, and this contributes to you forming healthy self-esteem.

Being a teenager is difficult, and there's a lot of pressure to be perfect, but as long as you have true self-love, then you can have a healthy relationship with yourself, as well as a healthy and realistic outlook on life.

How to Practice Self-Love

Self-love is something most of us need to work on, as we live in a society that can often teach and influence toxic mindsets that oppose the principles of self-love. It can be a lot easier to settle with a negative relationship with yourself instead of working toward growing self-love. There's a lot of ways to generate self-love, so below are merely a few ways to practice self-love in your daily life.

Be More Mindful

It's usually the toxic habits we're unaware of that prevent us from fully embracing self-love. This is why it's so important to be mindful of your thoughts and actions because this will

influence how you feel about yourself. If your thoughts are filled with negative self-talk and your actions are harmful toward yourself, then you probably lack self-love. However, if you are constantly thinking positive thoughts about yourself and others, and you make healthy decisions that contribute to your well-being, then you have a good level of self-love.

When you're consistently being mindful of what you're thinking and doing, you can stop yourself when you notice toxic behavior. From this, you'll be able to transform your behavior to become more positive. By doing this, you're able to change bad habits and get into a healthy frame of mind that allows for self-love to flourish.

Act Out of Need Instead of Desire

It can be difficult to prioritize our needs over what we want in life, especially as a teenager when you're surrounded by seemingly fun decisions that could be irresponsible. However, it's important to avoid these situations and choose the path that you need that will benefit your well-being.

When determining whether a decision is what you need or it's just something you want, take the time to think it through. Avoid making impulsive decisions because these choices usually reflect what you want, and that's not always what's good for you. Think about whether the decision is unsafe and irresponsible—would your parents disagree with it? Would you regret it? If you answer yes to either of these questions, then decide not to do it, and put your well-being first.

When you prioritize your needs over your desires, you put your safety and well-being first which shows a high level of self-love. You're able to avoid toxic decisions that could harm you, and you choose an option that has your best interest at heart.

Don't Forget Self-Care

Self-care is a key part of self-love. By taking the time out of your busy day to take care of your mind and body, you're showing yourself the love and respect it needs. Practicing self-care shows that you acknowledge that you need rest and special treatment, just like everyone else, and it

proves that you love yourself enough to partake in activities that make you happy.

Creating Healthy Habits

Having a daily routine with healthy habits portrays self-love, as this helps you to become the best version of yourself. You want to fill your time with good habits that help you to take care of your health and happiness. These are some healthy habits you can introduce to your life (Borenstein, 2020):

- **Waking up Earlier:** When you start your day earlier, you may find that you become more productive, and you're able to get more things done throughout the day.
- **Meditation:** Including meditation in your day-to-day life can help you to practice self-love as well as making you more focused and positive about life.
- **Eating Healthy:** What you put into your body can determine the outcome of your feelings. When you have a healthy diet, you may become more confident in

yourself as well as notice an improvement in your mood. This can help to promote self-love into your psyche.

- **Stay Fit:** Looking after your body is a great way to show yourself self-love. You want to feel and look your best, and this can help you to feel confident and happy about yourself.
- **Work Consistently:** Staying on top of your schoolwork should be a part of your daily routine. This means you finish assignments and homework on time, and you study sufficiently for tests and exams. By making this a habit, you get into a healthy routine that allows you to achieve great results.
- **Spread Love:** Spreading love to other people can help you to gain more love for yourself. You need to make it a habit to give and receive love because this will help you to have a positive attitude toward your own self-love.

Set Boundaries

It can be difficult to set boundaries, especially when you have low self-esteem. You feel scared to be assertive, and you fear that by setting boundaries you'll hurt someone's feelings. However, boundaries are so important! They prove that you love yourself enough to not tolerate behavior that makes you feel uncomfortable.

Put limits on things that don't make you happy and provide you with discomfort. Ensure that you let the people in your life become aware of what aspects of their behavior are off-limits toward you. Don't be afraid to be assertive about your feelings!

Protect Yourself

You also don't owe anyone a relationship. If the people in your life don't respect your boundaries, then don't feel obliged to keep them close. Choose to protect your mental health and happiness over pleasing people who don't have the same love and respect for you. By protecting

yourself and your mental health, you're showing yourself the self-love you deserve.

When you're seeking relationships to surround yourself with, ensure that you choose the right people. You ultimately want to have people in your life who care about you and wish nothing but the best for you. These people will respect you and your boundaries, and they'll help promote self-love.

Forgive Yourself

You're only human, so remember to be easy on yourself. You're bound to make mistakes and experience failures in life and during your self-love journey. It's important to forgive yourself for any mistakes you may make because we're all guilty of them. Don't be too hard on yourself or beat yourself up for your failures; instead, look at it from an optimistic perspective.

Failures and mistakes are necessary for our lives, as they help us to grow and evolve. We need to experience downfalls to make us stronger and more knowledgeable because, without these challenging times, we'll be unable to experience real growth. You need to be able to

forgive yourself because it's a part of the journey of achieving self-love. When you forgive yourself for your mistakes, you're acknowledging that it doesn't determine your worth, and you love yourself enough to move on from the situation.

Live Intentionally

We often live casually, letting life pass us by. This can make it difficult for you to acknowledge your worth because you battle to see your value and role in your world. To prevent feeling like an outsider in your own life, you should live with purpose and intent. Each one of us has a special purpose in this world, and it's up to us to find what gives us that sense of belonging and purpose in our everyday lives. Once you find a purpose, working with intent becomes easier, as you know what you're working toward, and you can acknowledge what goals you can aim for.

It can be difficult to find a specific purpose in life because we're all complex people with a variety of passions and interests. As long as you have some sort of direction, you're more likely to live with intention. When you live intentionally, you're able to accomplish your goals and grow your confidence. We feel good about ourselves

when we're achieving our purpose (Khoshaba, 2012).

Steer Away From Perfectionism

It can be difficult sometimes to stray from perfectionism, as it can be easy to get into a frame of mind that makes you strive to be perfect. We all want to be the best versions of ourselves but fail to remember that through achieving this, we'll still be flawed humans. It's impossible to become perfect because it's our flaws and weaknesses that make us who we are. To achieve true self-love, we need to accept our flaws and love ourselves for not being perfect.

Have Compassion for Yourself

We all know that it's important to have compassion for others, but sometimes, we forget that we need to have compassion for ourselves. Being compassionate means that you possess sympathy and sensitivity toward someone who's in a difficult situation. When you have compassion for yourself, you're able to

have sympathy for what you're going through. If you're going through tough times, feeling down, or feeling a slump in your motivation, you're easier on yourself and treat yourself with care. You deserve this constant love and kindness from yourself.

Positive Self-Talk

Your thoughts have control over how you feel about yourself, treat yourself, and others surrounding you. Negative self-talk can be a huge contribution to a lack of self-love. When you think negatively, you influence the way you behave, causing you to have a negative attitude toward life and yourself.

This is why it's so important to channel positive thoughts and self-talk. When you constantly tell yourself that you have self-love and appreciate all that you do, then you begin to think in this frame of mind. It's easier to grow self-love when you have a healthy mindset that isn't constantly putting you down (Sandoiu, 2018).

Journaling

Writing down self-love affirmations through journaling can help you to grow more love and appreciation for yourself. You should make it a habit of yours to journal daily, and you could write down something that you love about yourself each day. This will spark a positive attitude toward yourself, and you'll start believing you're worth the love. These are some questions you can ask yourself to get started on your self-love journey:

- *What does self-love mean to you?* Define self-love and how it relates to your everyday love. Is it something you're familiar with, or do you not have much understanding of it? By expressing what self-love means to you, you can establish how to stay on your personal self-love journey.
- *What are some things you can do in your day-to-day life to show more love and appreciation to yourself?* This question will help you to gain perspective on whether you've integrated self-love into your daily routine. Think about the small actions and behavior you do toward

yourself that display self-love. It could be anything from sleeping enough hours to journaling every day about something you love about yourself. If you notice that there are seldom things you do every day to promote self-love, then consider finding more things to do that will promote daily self-love.

- *What are some specific things about yourself that you feel are worth celebrating with love and compassion?*
A way to promote self-love is by doing introspection and determining things about yourself that you love. Think of the good qualities you have that deserve to be acknowledged with self-love. You could even get an outsider's opinion, and ask them what they find is your best feature.

Conclusion

It can be difficult to grow healthy self-esteem because it's not a quick fix. Building self-love and self-confidence is a never-ending project that takes consistent effort. In order to build a real, long-term, and healthy self-esteem, you need to be able to integrate these tactics into your daily routine. This way, you can adjust to a lifestyle that promotes self-love, care, awareness, improvement, exploration, and discovery. Having all of these characteristics as part of your being will help you to gain self-esteem that transforms your quality of life.

Patience Is a Virtue

The key to starting this journey is practicing patience. You need to start this process knowing that it will take time and devotion. When you commit to this, you're able to put your all into your personal growth. You know that every day, you will work to get closer to your goal of achieving healthy self-esteem, and you're aware

that this transformation won't happen overnight.

It can be difficult to stay committed to this process, especially when you feel as though you aren't seeing any visible results. When you're on the journey of self-growth, it can often be difficult to notice a change in you, as the change is so gradual it's hard to tell whether your self-growth tactics are working. Although you may not notice the change, trust that you're on the right track to healthy self-esteem.

Creating a Routine

In order to stay consistent and showcase your patience for this journey, you need to have a realistic routine. This routine will help you to stay committed to this personal growth journey. Everyone has a different routine that will work for them, so it's all about finding what will work best for you.

When creating a schedule to promote self-love and confidence, ensure that you use a time that is convenient for you. For example, if you're looking for a time to practice self-care, find a

time that suits your already busy schedule. You may choose to do it every Saturday in the afternoon because this is when you have free time. By choosing a time that's convenient for you, it's easier for you to stick to this schedule.

In your routine, you need to learn how to incorporate self-love tactics into your day-to-day life. This means that you take the opportunity to show appreciation for yourself through small daily actions. You could do this through small actions such as looking in the mirror every morning before you shower and telling yourself that you're beautiful inside and out. If you make a mistake or something goes wrong, then let yourself know it is okay that you're not perfect because perfection isn't real! By finding these small ways to express love to yourself, you'll get into the healthy habit of self-love.

Believe in Yourself

Above all, it's important for you to believe in yourself! Believe that you're a good person with respectable values, and believe that you are strong and capable enough to build healthy self-

esteem and confidence. Without the belief in yourself, you'll never be able to escape your low self-esteem issues and become the confident, loving person you are meant to be.

Remember that there's only one you in this world, so embrace your individuality to the best of your ability. You deserve love and happiness, and the best way for you to achieve it is by giving it to yourself! Don't be discouraged if you have moments of self-doubt and hate because this doesn't invalidate the steps you've taken toward self-love.

This book has taught you what it means to have true self-love and appreciation; now, you have all the tools to help you to achieve it. It's your job to take that leap of faith in yourself and start this beautiful self-love journey!

Having healthy self-esteem is the route to living a happy and confident life as a teenager. It can be so easy to get caught up in the negativity surrounding you and find yourself vulnerable and insecure; however, it's important for you to learn how you can achieve a positive self-perception. Once you've mastered this healthy self-esteem and confidence you'll be on the road to a happy and fulfilling life. If this book has helped you on your journey toward self-love, please leave a positive review on Amazon!

[Ultimate Self-love guide for teens amazon review](#)

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