Socially Conscious
Ways to Boost Your
Self Esteem and
Success!
Brought to you by CU Women’s
Resource Center
UMC 416
303 492 1537
reinvent yourself
"Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along."

-Rae Smith

THELOVEYOURSELFCHALLENGE.TUMBLR.COM
Renew Your Motivation

- Find a positive focus for each day/week/month (This could be a quote, an affirmation, or a goal)
- Find positive role models and try to be a role model to others
- Surround yourself with people who celebrate, love, and support you
- Remember that all of the energy you need in life comes from inside of you
- Find ways to recycle and restore your energy so that you are self-sustained and balanced
Take Charge of your life beginning with the sound track!
- Use music to organize your time, set the tone, motivate you, and help you feel empowered
- Make Power Playlists for Yourself so that you have a fun soundtrack to each task you tackle (I.E. Work out playlist, Study Playlist, Cry-it-out music, etc)
THIS GIRL IS ON FIRE
Build Confidence

• Make a list of things you like about yourself
• Stop comparing yourself to others
• Be aware of your strengths and utilize them when you feel insignificant
• Be aware of your limits so that you can go beyond them
• Learn how to say “no” to people and things that you don’t have time and/or energy for
• Avoid People and Thoughts that bring you down
SURROUND YOURSELF WITH POSITIVE PEOPLE.
Learn to be emotionally I-N-D-E-P-E-N-D-E-N-T! 😊

Somedays you just have to create your own sunshine.

Sometimes smiling is the greatest act of defiance, & sometimes asking for help is the most meaningful example of self-reliance.

Sometimes the best medicine is to just laugh until you cry, & sometimes the greatest wisdom comes from accepting you will just never know why.

Sometimes just going to bed is the best antidote to trials and tribulations, & sometimes just being blessed to get up again and face it all, for one more day, is worthy of celebration.
Practice Self Care

- Have compassion and love for yourself in all circumstances
- Read a book
- Take a walk
- Take a bath
- Exercise and eat healthy
- Have fun and do something you love just for you
- Validate and check in with your own emotions
- Strive to treat yourself how you would want your best friend to be treated
- Put aside a little time each day just for you
- Remember that it is okay to ask for support! Educate yourself about resources that are available to you!
Love yourself first and everything else falls into place. 
Lucille Ball
“ASK YOURSELF IF WHAT YOU'RE DOING TODAY IS GETTING YOU CLOSER TO WHERE YOU WANT TO BE TOMORROW” - UNKNOWN
Stay Current

• Strive to enjoy and be present in each moment
• Keep a calendar or a planner to stay organized and reduce stress
• Focus on the present, not the past or what went wrong
• Take a deep breath
• Do the best that you can based on what you know in that moment
• Be welcoming to change and open to the possibility of both failure and success
• Pursue new knowledge and new adventures
• “Let go or get dragged”
“Love yourself and be proud of everything that you do, even your mistakes. Because even mistakes mean you’re trying.”
The only person you should try to be better than, is the person you were yesterday.
Dress For Success

• Put time and energy into looking and feeling your best
• Be comfortable and confident so that you can do your best work and have a strong and unique presence
• Donate anything that you have not worn in the past 6 months to shelters and thrift stores, let go of things that are no longer useful and recycle resources
• Check out recycled clothing stores in order to expand your style without breaking your budget or the environment
• Find things that fit and flatter your body (remembering that all sizes, colors, shades, and shapes, are beautiful!)
• Have fun and explore different ways to express yourself
BELIEVE IN YOURSELF.
Get up, dress up, show up & never give up

Do the best you can until you know better. Then when you know better, do better.

- Maya Angelou
Take the Terror out of Error

- Embrace your mistakes as opportunities to learn and grow
- Be brave and take risks
- Follow your intuition and believe in yourself
- Laugh it off, admit you were wrong, apologize when necessary
- Give yourself endless opportunities to try again
- Use your confidence to encourage others
“Confidence comes not from always being right, but from not fearing to be wrong.”
YOU ARE SUPPOSED TO MAKE MISTAKES

That's Life.
NEVER LET SUCCESS GET TO YOUR HEAD.
NEVER LET FAILURE GET TO YOUR HEART.
How are Self Esteem and Personal Success Connected to Social Justice?

• Learning to love yourself and being successful in your own life can contribute to changing the world for the better.

• Practicing self-improvement and finding success that is not predicated on the suffering of others and/or destroying the environment means taking responsibility for your own life as well as your part in addressing larger issues.

• You can only truly appreciate and protect the humanity of others if you first recognize, cherish, support, and expand your own humanity.

• Self-transformation and small steps towards empowerment are necessary for societal transformation.
YOU ARE WISE AND COURAGEOUS NEVER GIVE UP ON YOUR DREAMS