



1. Read the text. Match the titles to the tips. One title is extra.

Nine Tips to Building Self-Esteem

1. DO SOMETHING THAT SCARES YOU AND SOMETHING YOU ARE GOOD AT
2. SOCIALISE
3. START SMALL
4. SET GOALS
5. IMAGINE THE PERSON YOU'D LIKE TO BE
6. SMILE MORE

- A.** In order to build your self-esteem, you must establish yourself as the master of your own life. Every single minute of your life is a moment you can change for the better. Start with the smallest or the most important task. The following are tips to help build higher self-esteem. A Start with something you can do immediately and easily. When we start with small successes, we build momentum (импульс, толчок) to get more confidence in our abilities. What are some small actions you can take immediately to demonstrate that you can achieve goals you've set for yourself? For example, clean your desk, organise your papers, or wash the dishes as you promised your Mum. Become your own personal cheerleader. Don't be afraid to celebrate even your smallest successes.
- B.** Use the power of your imagination. Create an image of yourself as the confident and self-assured person you want to become. When you are this person, how will you feel? How will others perceive you? What will your body language look like? How will you talk? See these clearly in your mind's eye, with your eyes closed. Practise doing this for 10 minutes every morning. After that write a description of this person and all the attributes you've observed.
- C.** Get out of the house or set up a hangover with a friend. Socialising with others will give us opportunities to connect with other people, and practise our communication and interpersonal skills. Try to find opportunities to demonstrate your skills and abilities. Try to spend more time with those you hold near and dear. At the same time, try to enlarge your social circle by making an effort to meet people.
- D.** Ask yourself what you fear, and search within yourself for ways **you** can cope with these worries and fears. As with all skills, we get better with practice and repetition. The more often we actively do things that scare us, the less scary these situations will seem, and eventually we will get rid of that fear. What are you especially good at or enjoy doing? Regularly doing things that you are good at strengthens your belief in your abilities. Make a list of things you enjoy doing. Do at least one thing that you enjoy every day, and remind yourself that you deserve it. Give yourself permission to feel proud of your talents.
- E.** Beginning the inner dialogue about who you are and what you have to offer the world is an important process in building self-esteem. According to some research, 80% of people say they don't have goals. And the people who regularly write down their goals earn nine times more over their lifetime as people who don't. By setting clear goals, you have a clear target of where you want to be. When you take action towards that goal, you'll build more confidence and self-esteem in your abilities to follow through.

(to be continued)

A	B	C	D	E

2. Read the text. Match the titles to the tips. One title is extra.

Nine Tips to Building Self-Esteem (continued)

1. Create a Plan and Get Motivated
 2. Get Compliments
 3. No More Comparisons
 4. Share your Plan
 5. Help Others Feel Good About Themselves
- A.** Help somebody or teach them something. When you help other people feel better about themselves and like themselves more, it makes you feel good about yourself. See what you can do to make others feel good - maybe giving them a compliment, helping them with something or telling them what you admire about them. Say a few kind words to your neighbour. Smile at someone who looks sad. When you know you're kind to the people around you, and are making a positive difference in other people's lives, you'll know that you are a positive force in the world - it will add to your self-esteem.
- B.** It's not enough just to have a goal. Decide on your action steps. One of the biggest reasons people get lazy is because they don't have a plan to achieve their goals. When you're baking a cake, it's a lot easier to follow a set of clear instructions, than randomly (наугад) throw ingredients together. To get motivated to follow your plan read something inspirational, talk to someone who can uplift your spirits, who can motivate you to become a better person, to live more consciously, and to take active steps towards creating a better life for ourselves and our families.
- C.** Go and find a friend or a family member and ask them "What do you like about me?" "What are my strengths?" We often value other people's opinions more than our own. Hearing from another person our strengths and positive qualities helps to build a more positive image of ourselves. Accept compliments gracefully. Take it to heart and respond positively. "Thank you" and a smile works well. Talking to friends and family can be very useful in further defining who you are and what you have to offer the world. But remember that the most important conversation you have about self-esteem is with yourself.
- D.** Stop comparing yourself to other people. Avoid paying too much attention to the happiness and well-being of others and too little to your own. Low self-esteem comes from the feeling of being inferior (низший, стоящий ниже). For example, if you were the only person in the world, do you think you could have low self-esteem? Self-esteem only comes into the picture when there are other people around us and we think that we are inferior. Don't worry about what your neighbour is doing. Begin immediately with the smallest step forward.

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