



7 Tips to regain your Self-esteem:

- 1) Find your purpose by seeking God. (How do you seek God?) You seek him by reading his Word, being still to listen, and praying.
- 2) Go to the restroom and look in the mirror. You don't have to say anything to yourself until you are ready. You may begin to cry. Good, I absolutely encourage it. When words start to come out of your mouth, don't fight it.
- 3) Write what you said to yourself in the mirror within one of your journals or notebooks.

4) Work out at the gym or go for a jog approximately 3 times a week.

5) Take yourself on a nice lunch or dinner date.

6) In under 10 minutes, list 3 things you like about yourself and write them down.

7) Make it your business to do something nice for someone each day. (Example: Hold open the door for someone).

P.S. Girl, you are pages away from becoming unstoppable!

With love,

Teneille Knight