



Social Media Booster Content: Boosting Your Self Esteem

Use this content to inspire your social media posting!

Conversation Starters:

1. What negative thought seems to pop up for everything? What proof have you found that it's not true?
2. What firm, no-nonsense phrase do you use to get your inner critic to hush? Describe how you feel when you do.
3. Describe 3- 5 things you did today that helped someone.
4. What 5 things surprised you when they went right today? Why were you surprised?
5. What new, useful information did you learn today, thanks to a mistake? Describe how it came about and how the new knowledge is helpful.
6. Describe the top 2 things you wish you could change but you don't have the power.
7. What do you do or say to comfort yourself, when you can't change something?
8. If money weren't an issue, what would you do to your living areas to make them more attractive and inspiring? Share your vision and dream.
9. What method do you usually use to express yourself/feelings? Why? What 5 other creative forms of expression would you like to learn and use (i.e. dance, needlework, painting, etc.)? Why?

10. Who are the 3 most objective, logical people you know? What makes them seem that way?
11. Describe a time when you were messy or unorganized. What contributed to this state? How did or will you change that behavior and/or mindset?
12. How does doing good things for others make you feel? How does doing something kind for yourself make you feel? Why?
13. Have you ever played "logic games"? If so, what did you think? If not, why not?
14. Do you ever feel like your emotions just take over? When does it happen and how do you regain control?
15. Name and describe 2 books, 2 movies, 2 games, 2 songs, 2 pictures, and 2 comics that always make you laugh. What is funny about each?

Boosting Your Self Esteem Quotes:

1. When you start to beat yourself up, remind yourself of how worthy you are of love. - Demi Lovato
2. No one can make you feel inferior without your consent. - Eleanor Roosevelt
3. Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement. - Golda Meir
4. Other people's opinion of you does not have to become your reality. - Les Brown
5. The privilege of a lifetime is being who you are. - Joseph Campbell
6. Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world. - Lucille Ball
7. You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens. - Louise Hay
8. Whatever good things we build end up building us. - Jim Rohn
9. Trust yourself; you know more than you think you do. - Benjamin Spock
10. Act as if what you do makes a difference. It does. - William James
11. What lies behind us and what lies ahead of us are tiny matters compared to what lives within us. - Henry David Thoreau

12. Never dull your shine for somebody else. - Tyra Banks
13. The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone. - Orison Swett Marden
14. Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself. - Harvey Fierstein
15. The better you feel about yourself, the less you feel the need to show off. - Robert Hand

Boosting Your Self Esteem Tips:

1. Challenge negative self-talk. Long-held thoughts and beliefs may seem factual, even though they aren't even close to being accurate.
2. Tell your inner critic to stop finding fault. Refuse to accept misinformation and get slightly defiant as you firmly state your "I will..." goal or affirmation aloud.
3. Take a "Marvelous Me" break. Remind yourself of what you did, since waking up, which helped someone else or went right for you. Do this for 5-10 minutes, 2-3 times a day.
4. Handle mistakes in a more positive way. Focus on the new thing that was learned, rather obsessing on the mistake itself. Something good came from the experience.
5. Focus on the things you can change. Make positive changes where you can. Under the right circumstances, these can affect the things (and people) you cannot change.
6. Create and maintain attractive and inspiring living areas. Comfortable and visually appealing environments promote creative thought and action, as well as self-esteem.
7. Express yourself in creative ways. Use different methods and mediums to express your thoughts and feelings, from learning to be a mime to drawing with sidewalk chalk.
8. Set realistic goals and expectations for yourself. If you think you can't reach the objective, you won't even be compelled to try. Take small doable steps. Build upon each success.
9. Be willing to adjust your self-image. To change an unhealthy self-image, you must be willing to see and accept all of the wonderful, beautiful, aspects of yourself.
10. Give up attempts to be perfect. You don't need to be perfect to be accepted, loved, appreciated, valued, respected, successful, happy, etc. Imperfections are often endearing and part of your charm. Perfection is unrealistic and impossible to attain. Let it go.
11. Use assertive communication skills, with others and yourself. There are times when you need to be polite but firm with others and yourself, especially when you are counteracting negative self-talk. Use that tone and attitude to say what you mean and mean what you say.

12. Practice your objective/logical thinking skills. This involves using fact-based proof and seeing things from an unbiased, unemotional perspective.
13. Keep things neat and organized. This leads to increased productivity, a more optimistic mood, as well as a greater sense of self-worth and accomplishment.
14. Read, watch, or listen to something humorous two or more times a day. Boost this effect. Make sure you can relate to one of the characters or the situation. Share it with others.
15. Journal about your self-kindness, daily. You show compassion to others. Consider and explain how you were compassionate and kind to yourself today.