***Self esteem***

***Self esteem leads to self respect.***

***When you respect yourself you……***

***Don’t judge yourself***

***Act kindly to yourself and others***

***Are open***

***Let people do things for you***

***Are calm and relaxed***

***Are patient with yourself***

***Believe in yourself***

***Trust in your own abilities***

***Accept that you will make mistakes***

***Feel confident in new situations***

***Try new things (accept risks)***

***Accept that you are likeable (and even lovable)***

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