



# Self-Esteem & Self-Image Toolkit

## Encouraging A Kinder, More Confident Relationship With Yourself

Hello, You Incredible Human,

If you have ever felt not enough, questioned your worth, or struggled to see the good in yourself, you are not alone. Many people carry quiet doubts about who they are, how they look, or whether they measure up.

Sometimes those thoughts come from past experiences, comparison, or moments when life felt heavy or overwhelming. Other times, we simply forget to speak to ourselves with the care and encouragement we freely give to others.

This toolkit was created to remind you that your value has never been based on perfection. You deserve to feel proud of who you are, to celebrate your strengths, and to learn how to treat yourself with patience and compassion. Inside, you will find ideas, reflection prompts, and small habits that can help you build a more supportive inner voice and a healthier relationship with yourself. You will not be asked to reinvent who you are. These tools are meant to help you see more clearly the qualities you already have within you.

Change does not have to be big or fast to matter. Small shifts over time can create meaningful growth. And if you ever want to talk through these feelings or get encouragement along the way, a LifeGuide is here to support you at your pace.

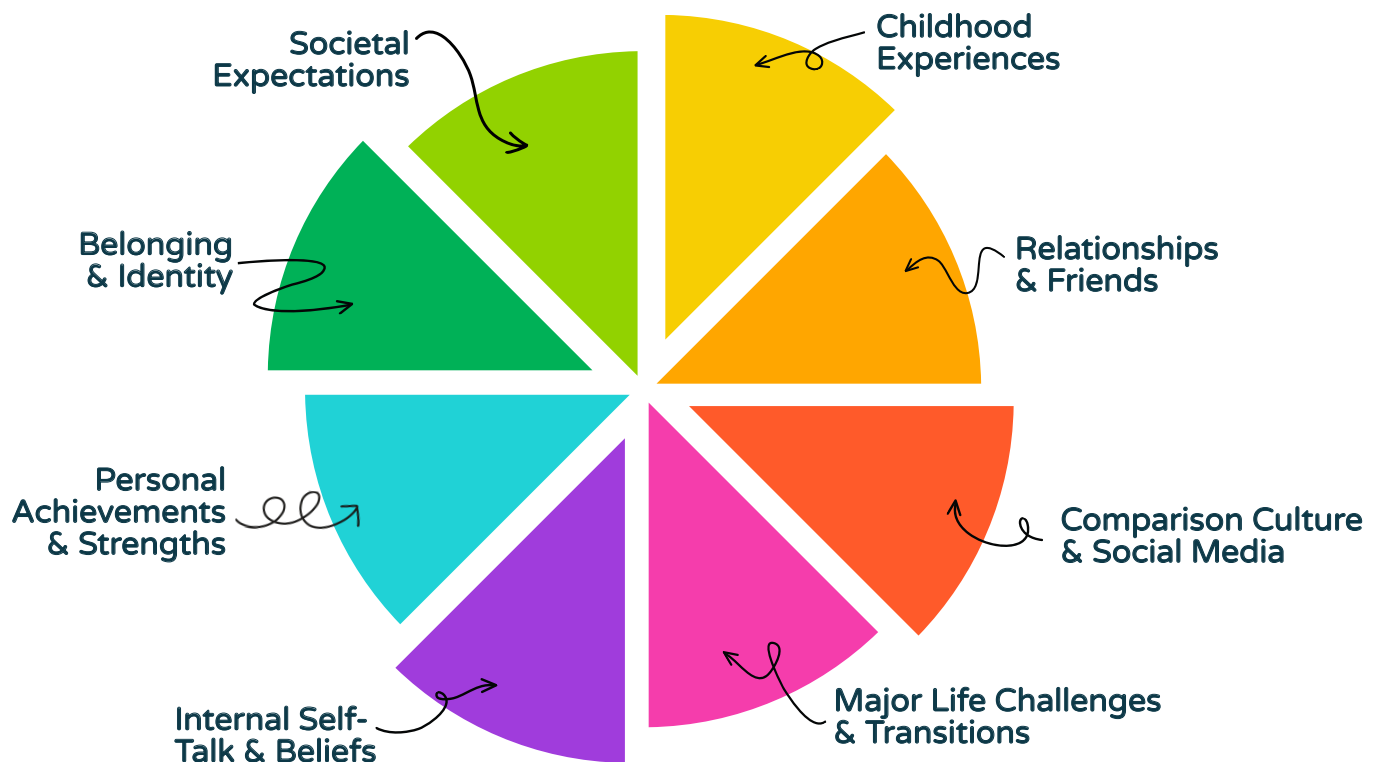
In awe of you,

***The LifeGuides Team***

# What Shapes Self-Esteem?

## Understanding Where Our Self-View Comes From

Our view of ourselves is shaped over time. It grows from the messages we receive, the environments we are part of, and the experiences that have stayed with us. When we understand the influences that shaped our self-esteem, it becomes easier to recognize what to keep, what to question, and what to gently rewrite for our current life.



*Studies from the University of Michigan show that healthier self-esteem is associated with greater emotional resilience, stronger relationships, & higher life satisfaction.*



# The Thoughts We Believe

## Turning Down The Volume Of The Inner Critic

The way we speak to ourselves can either build us up or slowly wear us down. Often, the negative beliefs we repeat were learned long ago, not chosen with intention.

### Try these simple mindset shifts:

- Notice the thought & name it for what it is: a thought, not a truth
- Ask yourself: Where did this belief come from & is it still serving me today?
- Replace all or nothing statements with more balanced language
- When you speak to yourself, use the same tone you would use with someone you care about

### Common Inner Critic Thoughts

- *Why am I not better by now? What am I doing wrong?*
- *Other people have it all together. Why don't I?*
- *If I can't do it perfect, I won't do it at all.*
- *I always mess things up & can never get anything right.*
- *People probably think I am not good enough.*
- *I am behind in life & everyone else is ahead of me.*

### Kinder, More Supportive Reframes

- ➔ *I'm allowed to learn & grow at my own pace.*
- ➔ *Everyone has their own journey & I am focusing on mine.*
- ➔ *Progress matters more than perfection.*
- ➔ *I made a mistake, & I'm still capable & improving.*
- ➔ *I bring value & I do not need to prove my worth to anyone.*
- ➔ *I'm moving forward in the way that is right for me.*



# Small Habits To Build A Kinder Self-Image

## Simple Practices You Can Start Today

Developing a healthier self-image is not about trying to become someone else. It starts with noticing the moments where you can choose a gentler approach with yourself and celebrate progress you may have overlooked. Small daily actions help strengthen confidence and create a more encouraging inner voice.

### Choose one or two habits to try:

- 👉 Write a short list of daily wins or proud moments
- 👉 Limit time on social media accounts that trigger comparison/insecurity
- 👉 Speak about yourself with kindness, even when you make a mistake
- 👉 Do one action each day that helps you feel capable or proud
- 👉 Keep a list of compliments or positive feedback you receive
- 👉 Wear clothing or create routines that help you feel your best

### More Resources To Support You

As you continue to explore the ways you can enhance your self-esteem, pair this toolkit with other support toolkits available:

- [Healthy Habits Support](#) for establishing healthier routines & productivity
- [Work Life & Career Support](#) for confidence & balance at work
- [Wellbeing Action Plan Support](#) for setting & tracking personal growth goals

## Self-Esteem & Social Media

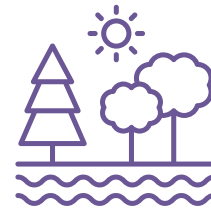
### Protecting Your Mental Space Online

Social media can influence how we see ourselves. It often highlights perfect moments, polished images, and filtered success. Let's aim to create a healthier relationship with online spaces so your self-worth is not shaped by comparison or unrealistic expectations.

#### Tips for a healthier digital experience:



Curate your feed to include uplifting, diverse, or realistic voices



Limit screen time & take social media breaks to reset your mindset



Follow people or pages that inspire growth, kindness, or self acceptance



Remind yourself that you are seeing a highlight reel, not the full story

A study published in *Cyberpsychology, Behavior, and Social Networking* found that reducing social media use for as little as 3 weeks significantly improved self-esteem in young adults.









# When Self-Esteem Affects Work

## Finding Confidence In How You Show Up To Others

Self-esteem influences how comfortable we feel contributing, how we handle mistakes, and how we see our value as part of a team. We can connect personal confidence to workplace confidence with simple actions that help you feel more grounded & self assured at work.

### Supportive steps for the workplace:

-  Share one thought or idea in each meeting. Keep it simple or brief if needed. The goal is to practice being heard.
-  Use confident language that reflects your value. For example, try “Here is what I recommend” or “I believe this approach could help” in place of apologizing or minimizing your viewpoint.
-  Track your contributions each week. Write down moments when you helped someone, solved a problem, or followed through on a task. Seeing it on paper reminds your mind of your impact.
-  Celebrate progress, not only completed results. Every draft, brainstorm, or attempt is part of the bigger picture and deserves recognition.
-  Ask a trusted colleague or Guide to help you identify your top strengths. Sometimes others see qualities in us long before we do.
-  Practice receiving compliments with a simple “Thank you”. Let positive feedback land instead of brushing it off or downplaying it.

# Reflection Exercise

This exercise helps you pause & notice the qualities that make you you. Reflection helps shift focus from self doubt to self awareness & appreciation.

**I feel most like my true self when:**

**Three qualities I value in myself are:**

1:

2:

3:

**A belief that has held me back is:**

**A new belief I am choosing to practice is:**

**One way I can show myself kindness this week is:**

***A Guide can help you with:***

- ✓ Self compassion & positive self talk
- ✓ Releasing old beliefs that no longer fit your life today
- ✓ Building healthier self esteem in personal & work life
- ✓ Celebrating progress & personal growth
- ✓ Creating a gentle, realistic action plan that feels supportive

[Get started here & find your Guide!](#)

