10 steps to self-esteem

1. Know yourself

2. Figure out what makes you feel good—do more of it!

3. Likewise, understand what drains you and do it less

4. Set little goals

5. Surround yourself with people you trust and people who show you they care

6. Ask for help if you're struggling

7. Stand up for what you believe in

8. Help other people out

9. Own your actions—apologise if you need to, don't if you don't!

10. Catch yourself being mean to yourself and replace the negative mantras with positive!