

## **The Success Partnership Self Esteem Poster Set**

### **WHAT IS SELF ESTEEM?**

*I believe self esteem is the bottom line of every problem that anyone ever has. When you have high self esteem you participate in life in a way that produces miracles.*

*Someone once said that you may as well learn to love yourself because you are going to take yourself everywhere you go!*

**Here is a self esteem poster to remind, encourage and inspire you on your self esteem journey!**

#### ***How to use these posters:***

- ✓ *They can be copied onto white paper, or coloured and laminated*
- ✓ *Displayed in areas around the home, school, or office!*

### **2 posters**

## **10 Ways to Boost Your Child's Self Esteem Ten Golden Rules for Myself**

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If you would like to purchase our *Poster Set One*, which includes 10 Self Esteem and Motivational Posters to use around the home, school or office. Order now and get your set for half price. **Pay only \$15.00** instead of \$30.00, incl GST. Order today at [info@successpartnership.co.nz](mailto:info@successpartnership.co.nz)



## 10 Ways to Boost the Self Esteem of Your Child

- Plan a special date night or “celebrate you” day.
- Have a fun backward day – answer the phone with “goodbye”, read a book from back to front, watch a video backward, talk backwards! Eat supper with desert first and salad last!
- Develop an attitude of gratitude with your children, have a gratitude, minute, day, or each night
- 100 strokes - stroke your child's head or back as they go to sleep and with each stroke, tell them something you love about them.
- Value and praise them for who they are as well as what they have done.
- Ensure that they are valued for a variety of skills so that children learn tolerance.
- Teach them that “good at” means “different from”, not “better than”.
- Keep a warm fuzzy file – into this put all the certificates your child gets given, special thank you cards, meaningful notes and emails from friends and family, etc. Over the last 10 years I have collected all the lovely thank you cards that schools, individuals and family have sent me! Even as an adult it's good to occasionally look at these. Over the years I have found when life has got a little challenging it reminds me of how loved and capable I am.
- Make requests in the positive, “please look where you are going when you jump off that wall.” Not “don't fall”. Remember whatever you focus on you get more of!!!
- Imagine – Share some of your dreams and aspirations together - the big ones the small ones and even the seemingly impossible ones. D.H. Lawrence once asked “How can you have a dream come true unless you have a dream?”



## ***Ten Golden Rules for Myself***

*I should give myself the same care and attention as I give others.*

*I am not an endless 'resource' for others; I must stock up on 'reserves' and not get too drained.*

*I have needs too which may be different from my families, my friends or my colleagues.*

*I do not have to say 'yes' to all requests – or feel guilty if I say 'no'.*

*The 'perfect' parent, partner or child or career person does not exist – The 'good-enough' one does!*

*I have the right to be treated with respect as a worthwhile, intelligent and competent person.*

*I do not have to have everyone's approval all the time to know I am trying my hardest.*

*Time for unwinding is time well spent.*

*Making mistakes is not a disaster – I can learn from these and it allows others to as well.*

*I must be fair to myself and remember, at all times especially in the face of criticism, anxiety and difficulties,*

***THAT I AM DOING THE BEST THAT I CAN!!***