

self day

+ self esteem = life fulfillment

International Self Esteem Awareness Day



30th June 2010

Celebrate International Self Esteem Awareness Day

Learn to believe in yourself and build your own self confidence and help others

'MAKE A DIFFERENCE' for YOU
and others at home, at work with your families, friends and work mates.

Get involved to achieve:

- ✓ **5 Activities to boost YOUR own esteem**
- ✓ **5 Activities to boost A COLLEAGUES esteem**
- ✓ **1 Community activity**

Tips, article and free online self-esteem course at

Visit www.internationalselfesteem.com