

Self-Esteem Boosters

Cheat Sheet



Six small, evidence-informed boosters that grow self-esteem the way it actually grows - from proof you can point to, not pep talks.

1 PICK ONE BOOSTER

2 DO IT SMALL, THIS WEEK

3 LET THE EVIDENCE STACK

1 The Evidence Log

FOR THE INNER CRITIC • 2 MIN A DAY

Your inner critic argues like a lawyer with no files: total confidence, zero evidence. Build the file it never brings - a running list of things you actually handled. Deadlines met, hard conversations had, days you showed up anyway. Nothing is too small: the log collects proof, not trophies.

TRY IT

Add one line tonight. When the critic's verdict starts to feel true, read the log before you accept it.

2 Kill the Comparison Scroll

FOR THE SHRINKING FEELING • 5 MIN, ONCE

You compare your behind-the-scenes with everyone else's highlight reel, so the math always comes out against you. Notice which accounts reliably leave you feeling smaller than you were ten minutes earlier. The feed is not data about your life; it is advertising.

TRY IT

Mute three of them today. That is curation, not weakness - you are editing what gets a vote on your worth.

3 Do Hard Things, Small

FOR REAL CONFIDENCE • 1X A WEEK

Self-esteem grows from evidence of competence, not from compliments. One slightly-hard thing a week, finished, beats a month of affirmations alone. Slightly hard means doable but easy to keep avoiding - and each finished rep files evidence the critic cannot argue with.

TRY IT

Pick something you have been dodging that takes under an hour. Put it on the calendar. Finished counts more than perfect.

4 The Values Check

FOR SELF-RESPECT • 5 MIN TODAY

Self-respect does not come from feeling good about yourself. It comes from acting like the person you want to be, in small ways, today. Values are verbs, not vibes - they only count when they leave your head. Respect built this way does not depend on anyone's applause.

TRY IT

Pick one value - honesty, generosity, courage. Do one five-minute act of it before the day ends.

5 Talk to Yourself by Name

BEFORE HARD MOMENTS • 30 SEC



Coaching yourself by name steadies you better than "I" talk. The tiny distance turns the voice in your head from a panicking passenger into a coach standing calmly beside you. Athletes and speakers use the same trick.

TRY IT

Swap "I can't do this" for "Sam, you prepared for this." Use your own name, out loud or on paper.

6 The Micro-Win Stack

FOR FLAT DAYS • ALL DAY LONG

Made bed. Shower. One sent email. Each small completed loop is a quiet vote that you are someone who does what they say. Stack enough of them and the critic loses the election by lunchtime. Flat days are exactly when the stack earns its keep.

TRY IT

Chain three micro-wins before noon and say "done" out loud after each. Closing the loop is the active ingredient: unfinished tasks nag, finished ones testify.

FACT BOX self-esteem vs self-compassion: you need both

SELF-ESTEEM SAYS

"I am good at things." It is built from proof of competence, and it naturally wobbles on the days you fail.

SELF-COMPASSION SAYS

"I am human when I am not." It needs no verdict at all, so it holds steady on your worst days.

WHY BOTH

Compassion is the safety net that makes trying possible. You take more swings when falling is not a character verdict.