



How To Help Teens Have A Better Self-Esteem

Positive Affirmation Day



Maintain a journal of positive affirmations where you and your child write about their positive qualities and read it out.

Positive Goals Diary

Have your teen write about their short-term and long-term goals and how they plan to achieve them.



The Flip Book Of Mistakes



Let them write down their mistakes from the past and the reason behind them, followed by encouragement and tips on how to improve and not repeat the same mistakes.

Negative Self-Talk Exercise

Let them write their negative thoughts and the feelings associated with them. Now help them find positive thinking to replace the negative and ask how it makes them feel.



Assertive Communication Records



Ask your teen about three instances where they have self-asserted during communication and how they felt during that time. If there is no such instance, then let it be their goal to be assertive towards themselves.