How to make a self-esteem booster...

1. Find an empty jar, box or container you would like to use.

2. Decorate your container if you would like to.

I am proud that I ...

I have achieved...

I am...

3. On strips of paper write down things about yourself that you are proud of and/or things that you have achieved. These statements can be as big or as small as you like.

4. Find a safe place to keep your self-esteem booster.

As and when you may need a confidence boost to affirm your abilities, skills, qualities, and achievements you may find reading your booster statements helpful.