

## Full esteem ahead!

### Your 21-day daily reminder card

**Day 1: Gain self-awareness**

**Day 2: Believe in yourself**

**Day 3: Silence your inner critic**

**Day 4: Use affirmations — the right way**

**Day 5: Use visualization**

**Day 6: Know where you're going**

**Day 7: Give yourself unconditional love**

**Day 8: Take a stand**

**Day 9: Show some respect — for yourself**

**Day 10: Be grateful for your journey**

**Day 11: Face your fears**

**Day 12: Make full use of mistakes**

**Day 13: Accept compliments**

**Day 14: Take responsibility for yourself**

**Day 15: Lighten up!**

**Day 16: Fuel your body**

**Day 17: Combine assertiveness with respectfulness**

**Day 18: Ask for the positive**

**Day 19: Plan for action!**

**Day 20: Live in “the now”**

**Day 21: Patience will get you there**