



Planning to Build Self-Esteem

Challenge negative perceptions.

Philippians 4:8, Proverbs 9:12

Change self-talk.

Romans 12:2

Face your greatest fear.

I John 4:18



Do a personal inventory. List your assets

Identify your goals

Identify your beliefs

Identify your liabilities

Identify action to turn liabilities into assets

Map for Self-Esteem.