



**National Association  
for  
Self-Esteem**

**I Take PRIDE in Me!**

**P**atience

**R**espect

**I**ntegrity

**D**edication

**E**nthusiasm



# Tips from NASE

- 1. Accept yourself** as you are now. Feel good about yourself.
- 2. Focus your energy** on your life's purpose and your potential will shine through. You are capable of creating anything.
- 3. Develop your talents** and grow from a foundation of strength. Know your skills, talents, and special gifts.
- 4. Celebrate you!** Discover what makes you beautiful. Treasure your uniqueness *every day*.



***Rate Yourself***  
*with our*  
***Self Esteem Self-Guided Tour***

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and lots of great info!

**[healthyselvesteem.org](http://healthyselvesteem.org)**