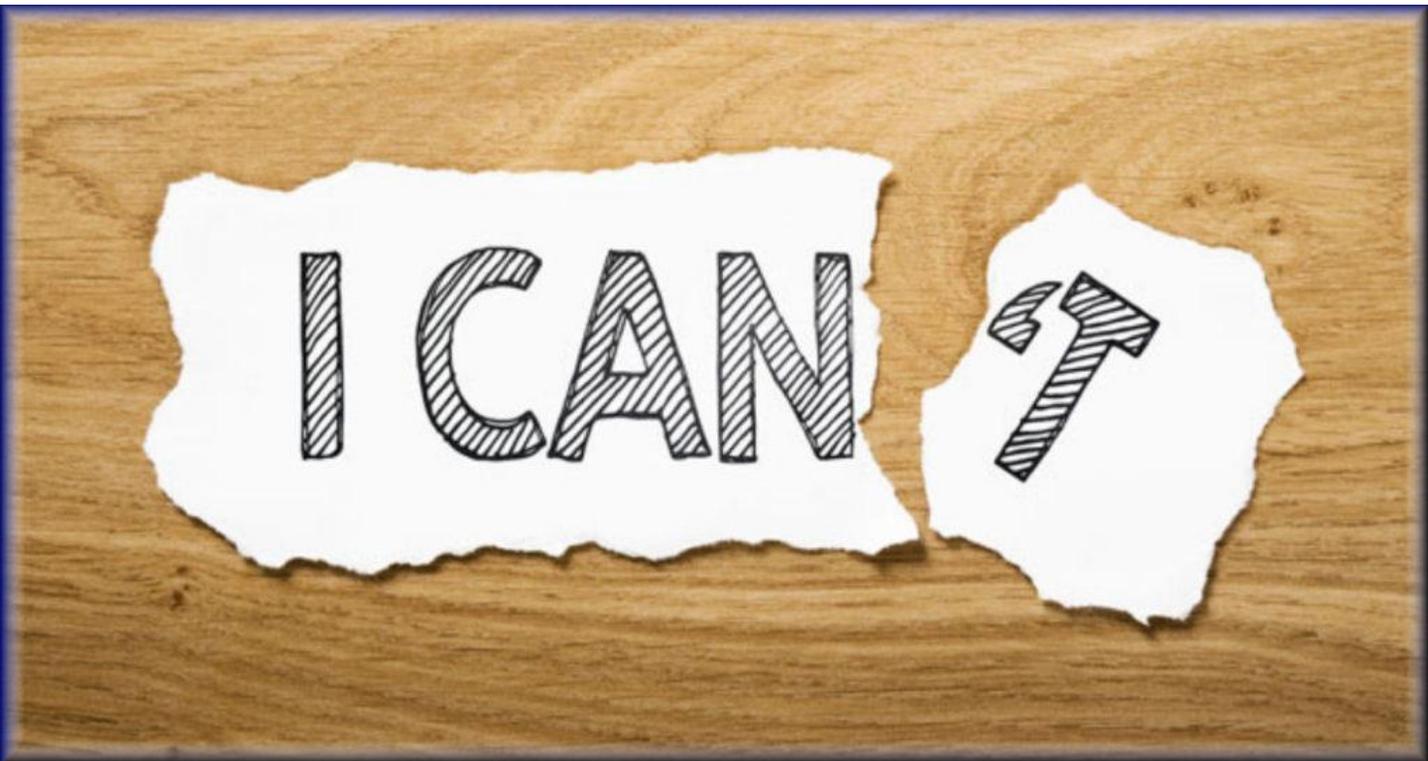


10 Ways to Increase Your Teen's Self-Esteem



Life Success
for Teens



DID YOU KNOW?

94 percent of teens go online daily & 24 percent of teens feel as though they are online constantly.

1. Be generous with praise.

Remember to tell your teen when they do something right! Commend your child not only for accomplishments, but for effort—including those times when it fails to bring the desired results. In addition, let's encourage kids to feel proud of themselves. Pride should shine from within, not just in response to external approval.

2. Criticize when necessary, but constructively.

Give your teen feedback when the situation calls for it, but never in a hurtful or demeaning manner. Instead of saying: "How could you have gotten that answer wrong on your chemistry test?"

Say: "You almost got the answer. With a little extra studying, I'm sure you'll do better next time."

3. Solicit your teen's opinions.

Teenagers have no shortage of them. Include your teen in everyday family decisions and implement some of his or her suggestions. What does he or she think about the new couch you're considering for the living room? Adolescents love nothing better than to be treated like grown ups, and they're usually flattered anytime that you invite them into the adult world.

4. Encourage teens to cultivate their talents and interests.

Everybody excels at something. Everybody needs to excel at something. Let your child follow his or her passion, whatever it may be. Even better, find ways to show them that you are interested in what they love. Ask them questions and encourage them to show you their work or performance.

5. Have them do some work with younger children, animals or the elderly.

This shifts the dynamic from them receiving help to them providing help for others. Also, it encourages service and fosters community in them.

6. Encourage your teen to let negative people go.

If there are people in your teen's life who are negative: who have nothing positive to say or who put them down or take advantage of them, do the smart thing and let them go. The only way your teen will find his or her self-esteem is to surround themselves with supportive positive people who admire and value them..

7. Have your teen read or watch something inspirational.

A great way to gain more self-esteem is to read something that lifts you up and makes you feel positive about yourself. Share things that you use to improve your own self-esteem with your teen.

8. Have your teen perform an act of kindness for someone.

Give away money, buy a stranger coffee, hold the door for a group of people. When your teen does something nice for someone else, he or she will feel good about that act and it will bolster his or her day.

9. Perform an act of kindness for your teen.

Clean their room if you know they have a busy week, make their favorite cookies “just because”. This will show them that you lead by example (refer to number 8) and you understand they are busy too.

10. Jam out.

Cranking up the tunes can do great things for your mind and body. And now, recent research suggests that listening to music may lead to feeling more powerful. To paraphrase popstar Meghan Trainor, it’s all about that bass (no treble): listening to heavy-bass songs promotes more feelings of power than the low-bass songs.

In case we haven't met yet...

I'm **Natalie Borrell**. In my work as a School Psychologist and **Academic Life Coach**, I have helped hundreds of teenagers to **develop skills** that will **benefit** them long **after high school**. All of our LSFT coaches work in the field of education.

I'm also a toddler mom and closet HGTV addict with a special knack for motivating teenagers. Connect with me via [email](#) or on [Facebook](#).

I'd love to talk to you about coaching your teenager.



A few ways we can help your teenager:

1. Free Tips and Tools... Subscribe to our email list to receive weekly videos with free tips and tools for high school students.
2. Individual Coaching - we offer one on one coaching designed to help your teenager develop the skills they need in the real world.
3. Workshops - we provide workshops on topics such as study skills, motivation, organization, and goal setting.