

10 DICAS PARA AUMENTAR A *Autoestima!*

- 1- Se olhe em diferentes ângulos;
- 2- Faça algo que você é bom;
- 3- Se vista da maneira como gosta;
- 4- Cuide do seu cabelo;
- 5- Compre algo que queira muito;
- 6- Faça atividade física
- 7- Não tenha medo de se expor ao erro;
- 8- Selecione pessoas e ambientes;
- 9- Dedique tempo à você;
- 10- Entenda que autoestima é entender que você é única.



Como Aumentar Sua Auto Estima

Sebastian Brünink



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