

10 Ways to Have High Self-Esteem

People who have high levels of self-esteem feel good about themselves. They genuinely like themselves. A good self-esteem question to ask yourself is: "Am I the kind of person I would like to know as a friend?"

Here are 10 ways to build your self-esteem

1. Always tell the truth! Honesty and integrity make you feel good about who you are.
2. Take responsibility for your actions! If you did something you shouldn't have, admit it. Don't blame others or make excuses.
3. If someone gives you a compliment, smile and say, "Thank you."
4. Complete your assignments early.
5. Avoid negative people; pick friends who have high self-esteem.
6. Help to raise the self-esteem of others. Be complimentary of others. Be the one who puts others in a good mood.
7. Dream big dreams about your future.
8. Remember that your parents and your family are more important than your friends.
9. Be a healthy person by getting exercise and eating foods that are good for you. Don't do anything that will harm your body.
10. Pick one or two activities and MASTER them!

Martial Arts are Fun...and Good for You!

Study after study proves that children who take martial arts do better in school. Our program will teach your child to focus longer, study harder, set and achieve important goals, and to make a great impression with teachers and peers. Our classes are fun, safe and run by caring and supportive instructors who are trained to bring out the absolute best in your child. It's time to give your child the competitive edge of confidence, concentration, and safety skills that families enjoy everyday at our school.

Don't wait, classes fill very fast! Call now.

Shaolin Kung-Fu Center
2235 Russellville Road
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www.bgkungfu.com
Call (270) 779-5933 *Today!*

P.S. Don't let your child fall behind in tomorrow's competitive future. Let us give your child the skills to succeed now.