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keeps stealing your positive self-esteem  
from your Self-Esteem Vault, leaving  
only negative thoughts and feelings  
about you behind. But the good news is  
you can banish him for good and this  
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## Where To Download Banish Your Self Esteem Thief A

Cognitive Behavioural Therapy Workbook On Building Positive Self-Esteem For Young People  
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Using cognitive behavioural and mindfulness principles and techniques, this workbook will help you change how you think and act in order to build positive self-esteem, protect your Self-Esteem Vault and banish your Self-Esteem Thief for good! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people aged 10+ to work through on their own or with the help of a parent or practitioner.

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16 Banish Your Self-Esteem Thief Step 1  
of building positive self-esteem is to  
understand what self-esteem means .  
Your self-esteem is... how you think and  
feel about yourself. These thoughts and  
feelings can involve:

- your awareness of who you are
- how you think about your characteristics and traits
- how you think about your abilities and skills
- how you think about your strengths and weaknesses
- how you think about the mistakes you make
- what expectations you place on ...

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