



One day

One day I will realise that it's OK to be me

One day I will stop worrying about what
other people think I should be

One day being me will fill me with pride

One day I will stop looking for excuses to hide

One day I will recognise that everyone is worthy

One day I will realise that even includes me

One day I will recognise I have strengths and abilities

One day my thoughts will move towards positivity

One day I will be realistic about the expectations I
place on myself

One day I will realise you can be successful
without good looks and wealth

One day I will stop seeing myself as a failure and ugly

One day I will face situations assertively and not passively

One day I will have confidence and self-belief

One day I will have positive self-esteem and that will
be a relief!

Source; By Phillipa aged 16 years. Taken from Banish your self-esteem thief
by Kate Collins - Donnelly 2014.