There are many ways to improve self-esteem. It takes time and commitment, but it can be done. The other good news is that building self-esteem doesn't need to be an expensive process. You will need some time by yourself, a notepad and a pen. In this next section, we have collected and systematized for you a series of useful techniques, to help you increase your self-esteem. These are approaches that have been proven effective, by the experience of many, but that does not mean that all of them will work equally well for you.