

WHAT IS SELF-ESTEEM?



Self-esteem is the opinion you have of yourself. Self-esteem is a state of mind. It is the way you feel and think about yourself and others, and it is measured by the way you act. Self-esteem is an internal belief system and how you experience life externally.

It is based on your attitude to the following:

- Your value as a person
- Your achievements
- How you think others see you
- Your purpose in life
- Your place in the world
- Your potential for success
- Your strengths and weaknesses
- Your social status and how you relate to others
- Your independence or ability to stand on your own feet



What is Low Self-Esteem?

Low self-esteem results from you having a poor self-image caused by your attitude.

Example: If you do not value your achievements you will feel like you have no purpose in life.

What is High Self-Esteem?

If you have a high self-esteem you will be confident, happy and sure of yourself.

You would be highly motivated and have the right attitude to succeed.

Self-esteem is therefore crucial to you and is a cornerstone of a positive attitude.

What forms your Self-Esteem?

- Childhood experiences; criticism by parents, teachers; and peers; your environment; media; cultural backgrounds; or society in general; Put-downs (negative statements)
- What you think you look like physically.
- How your personality comes across.
- What kind of person you think you are.
- What you think others think of you.
- How much you like yourself or you think others like you.
- If you have poor self-image your self-esteem will be poor.

What is self-image?

Self-esteem focuses on how you feel about yourself.

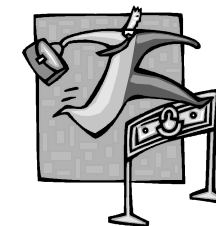


How to Improve your Self-Image

- o List things you like about yourself - include appearance, personality and skills.
- o Change negative thoughts to positive thoughts by focusing on the positive ones.
- o Take up an exercise programme you will feel better and look better.
- o Remember good things people have said about you and note them down if you want.
- o Accept things about yourself that are true and learn to think about them in a positive way.
- o Take yourself less seriously and lighten up!
- o Accept criticism in a constructive way so you can improve and develop.
- o Don't be limited by your self-image, step outside of it and break free, it doesn't have to control you or keep you down. Acting differently will change how others see you and will also help to change your own attitude towards yourself and your abilities.
- o Take up challenges positively and surprise yourself!
- o Read motivating books.

You are only limited by your efforts and confidence!

Believe in yourself!!!!



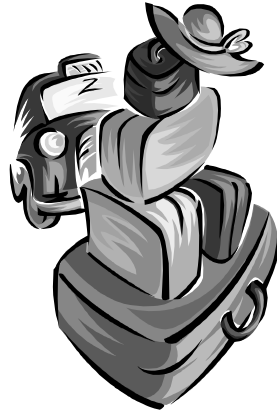
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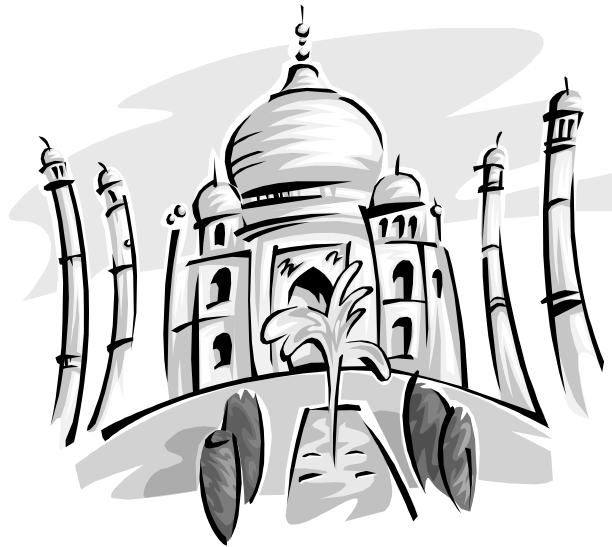
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