

Self-esteem

Feeling happy with yourself when you look in the mirror is a sign that you have self-esteem

What is Self-esteem?

- Self esteem is about what you think and how you feel about yourself.
- It is about the way you perceive yourself and your own value.
- Self-esteem is about your own self-image. You build your self-image, positive or negative, based on what you think and how you feel about your own actions, your qualities and characteristics.
- It is about self-respect and personal worth. Your actions - good or bad - affect your view of yourself.
- Self-esteem is the sum of your thoughts and feelings.

Why is Self-esteem important?

- A low, destructive, unhealthy self-esteem attracts failure. The individual has a harmful self-image and lacks the strength and perseverance to achieve success.
- A high, constructive, healthy self-esteem is a key ingredient for success. The individual has belief in him/herself and is certain that he/she can achieve success.
- It influences the way you interact with others, your family, friends and strangers.
- It determines the level of your achievements, your fulfilment and happiness in life.

How do you build Self-esteem?

- Recognise when you have done something that makes you feel unhappy with yourself and your actions. Do less.
- Respect yourself and congratulate yourself when you succeed.
- Think good thoughts about yourself and surround yourself with people who treat you with respect.
- Recognise when you have done something that makes you feel good about yourself and your actions. Do more.
- It is about recognising the things that make you feel proud and learning to like yourself.

ezMe[®] and Self-esteem

- Together your ezMe[®] profile and ezLearningExperiences will inspire you to feel good about yourself, build your self-respect and your self-esteem.