

## SELF-ESTEEM

Self-esteem involves a variety of beliefs about yourself, such as the appraisal of your own appearance, beliefs, emotions, and behaviours.

There are typically three components which make up self-esteem:


Self-esteem is an essential human need that is vital for survival and normal, healthy development.

Self-esteem arises automatically from within based on a person's beliefs and consciousness.

Self-esteem occurs in conjunction with a person's thoughts, behaviours, feelings, and actions.



  
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It was suggested that individuals need both esteem from other people as well as inner self-respect. These needs must be fulfilled in order for an individual to grow and thrive.


Self-esteem can play a significant role in your motivation and success throughout your life. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success.

By contrast, having a healthy self-esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals.

Many factors influence self-esteem. Your inner thinking, age, any potential illnesses, disabilities, or physical limitations, and your job can affect your self-esteem.



  
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## Signs of Healthy Self-Esteem

Avoid dwelling on past, negative experiences

Express your needs

Feel confident

Have a positive outlook on life

Say "no" when you want to

See overall strengths and weaknesses and accept them



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## Signs of Low Self-Esteem

You believe that others are better than you

You find it difficult expressing your needs

You focus on your weaknesses

You frequently experience feelings such as shame, depression, or anxiety

You have a negative outlook on life

You have an intense fear of failure

You have trouble accepting positive feedback

You have trouble saying "no"

You put other people's needs before your own

You struggle with confidence



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Life is a journey, and part of that journey involves reaching for self-acceptance. Treat yourself well, be your own best friend, and keep reaching for better and better self-esteem. We all have within us the power to love ourselves more, and by doing this, we will create happier and healthier lives for ourselves.

## Make your day joyful



  
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