

Self-Esteem

What is Self-Esteem?

Self Esteem Defined: the core belief and feeling that we are worthwhile and deserving.

Self-Esteem develops when people feel:

- Loved and respected
- Important and appreciated
- Accepted by peers
- Competent

Self-Esteem can be derived from many sources which can be categorized into the following two categories.

List the sources that contribute to your feeling of success in life.

Achievement	Character
Example: Good Grades or Good Job	Example: Loyal, Sincere, Loving

The Achievement column is conditional, meaning that these things depend on certain circumstances to occur.

The Character column is unconditional, so regardless of what you achieve or do not achieve, these sources of success are constant.

What does healthy self esteem look like?

- Recognition of strengths and weakness
- Confidence when approaching new situations or people
- Not overly sensitive to criticism & rejection
- Challenges are faced as opportunities rather than threats
- Honouring the things that make you unique and make you feel good
- Knowing when to seek help or guidance