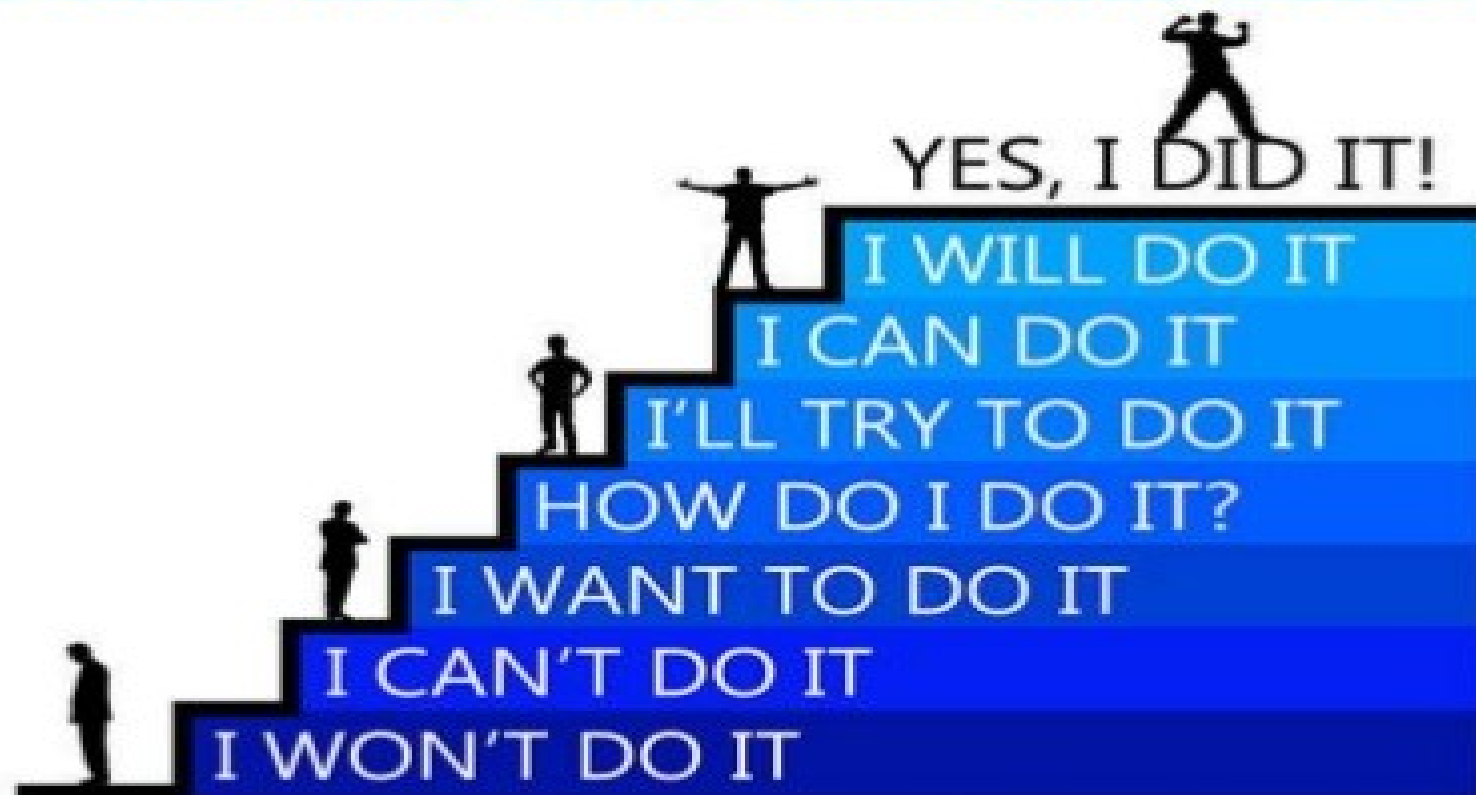
A dark blue L-shaped frame is positioned on the left and bottom edges of the slide, framing the text.

# LECTURE- 2

## BUILDING SELF ESTEEM AND SELF CONFIDENCE

# SELF-ESTEEM



I ♥ ME

# Self Esteem

- In simple terms:

- *Self esteem means, confidence in one's own worth or abilities; self-respect.*
- *Self-esteem refers to a person's beliefs about their own worth and value. It also has to do with the feelings people experience that follow from their sense of worthiness or unworthiness.*
- *Self-esteem is important because it heavily influences people's choices and decisions. In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential.*

# THE SIX PILLARS OF SELF ESTEEM

## PILLAR 1 : THE PRACTISE OF LIVING CONSCIOUSLY



## PILLAR 2 : THE PRACTISE OF SELF ACCEPTANCE



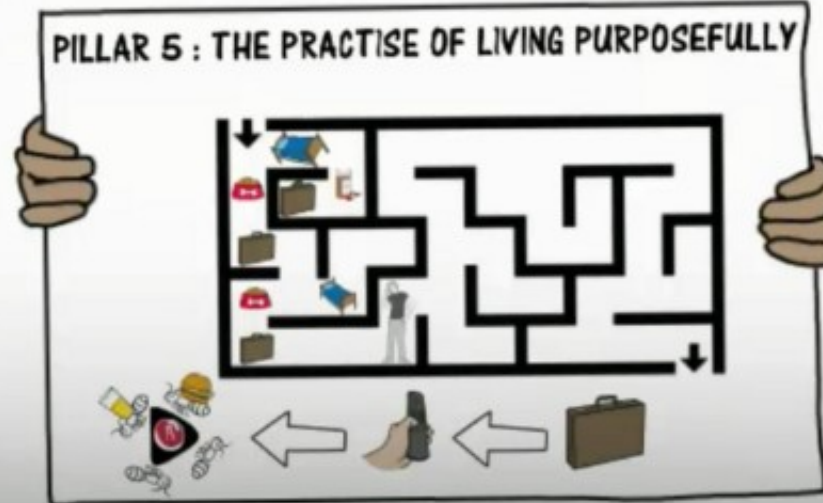
## PILLAR 3 : THE PRACTISE OF SELF RESPONSIBILITY



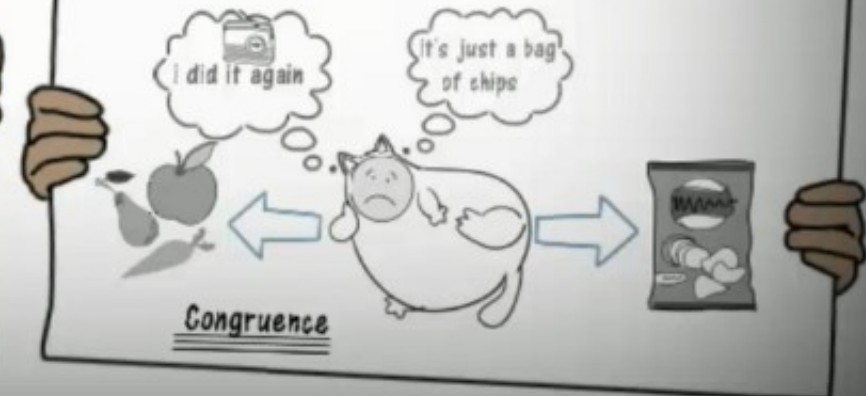
## PILLAR 4 : THE PRACTISE OF SELF ASSERTIVENESS



## PILLAR 5 : THE PRACTISE OF LIVING PURPOSEFULLY



## PILLAR 6 : THE PRACTISE OF PERSONAL INTEGRITY



# Self Confidence

- May be termed as: a feeling of trust in one's abilities, qualities, and judgement.
- It is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself.
- You set realistic expectations and goals, communicate assertively, and can handle criticism.



# 10 Ways to Boost Your Confidence

The background of the image features a collection of stationery items on a light-colored surface. There are three pencils: one teal, one orange, and one white. The white pencil has the words 'HELLO YOU!' printed on it. Additionally, there are two paper clips, one silver and one copper, positioned towards the bottom right of the frame.

1. List your strengths
2. Accept your limitations
3. Don't "should" yourself
4. Gain some perspective
5. Try something new
6. Celebrate your wins
7. Practice positive self-talk
8. Accept compliments
9. Show others how to treat you
10. Be kind to you