

# Self-Esteem



How Do You Feel About You?



# Self-esteem - Definition

- The word 'esteem' comes from a Latin word that means 'to estimate'.
- Self-esteem is how you estimate yourself.



## WHAT IS SELF-ESTEEM?



**Self-esteem** is the belief and confidence in your own ability and value. **Self-esteem** includes: *feelings of competence, identity, a sense of belonging, a feeling of security and self-confidence.*

It is important to build a **healthy self-esteem** to be happy. People with a healthy self-esteem are able to accept their strengths and weaknesses, to express their needs, to accept a compliment and they are able to say no.

**So, Self-esteem is the opinion we have of ourselves.**

- **When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general.**
- **It makes us better able to deal with life's ups and downs.**
- **When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light.**
- **We also feel less able to take on the challenges that life throws at us.**



## Benefits of High Self Esteem:

- Increased respect for yourself
- Increased ability to reach goals
- Increased willingness to try new things
- Increased feelings of value



## Risks of Low Self Esteem:

- Vulnerable to peer pressure
- More likely to make unhealthy decisions
- More likely to be critical of self and others
- Increased risk of depression and suicide



# How to improve our self-esteem



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# LEARN NEW SKILLS



# ACQUIRE A NEW DEGREE

**IF YOU  
WANT  
TO BE  
POWERFUL,  
EDUCATE  
YOURSELF.**





# WRITE TO-DO LIST EVERY MORNING

Plan  
your work  
AND  
work your  
Plan



"The key is not to prioritize what's on your schedule, but to schedule your priorities." — Stephen Covey

## Eisenhower Decision Matrix



# The Eisenhower Matrix

## Quadrant 1:

### Urgent & Important

**Things you need to do right away**

Meeting a project deadline.  
Making an important phone call  
Going to a doctor's appointment

## Quadrant 2:

### Important but Not Urgent

**Things you should schedule**

Exercising  
Saving for a down payment  
Routinely taking your car for maintenance

## Quadrant 3:

### Urgent, But Not Important

**Things you should delegate**

Social media posting  
Scheduling meetings  
Paying a ticket

## Quadrant 4:

### Neither Urgent Nor Important

**Things you shouldn't do**

Binge-watching  
Social media scrolling  
Excessive shopping or online

BELIEVE IN YOURSELF

**BELIEVE**

*in yourself*



you will be

*Unstoppable*



*If a man without arms  
and legs is dreaming big  
why can't we,  
why can't we all?*

**Never Give Up!**



**Born without arms and legs,  
Nick Vujicic is a painter, swimmer,  
skydiver and motivational speaker.**





# Turn Weakness Into Strength

Try to look at  
your Weakness  
and convert it  
into your  
Strength.  
That's Success.



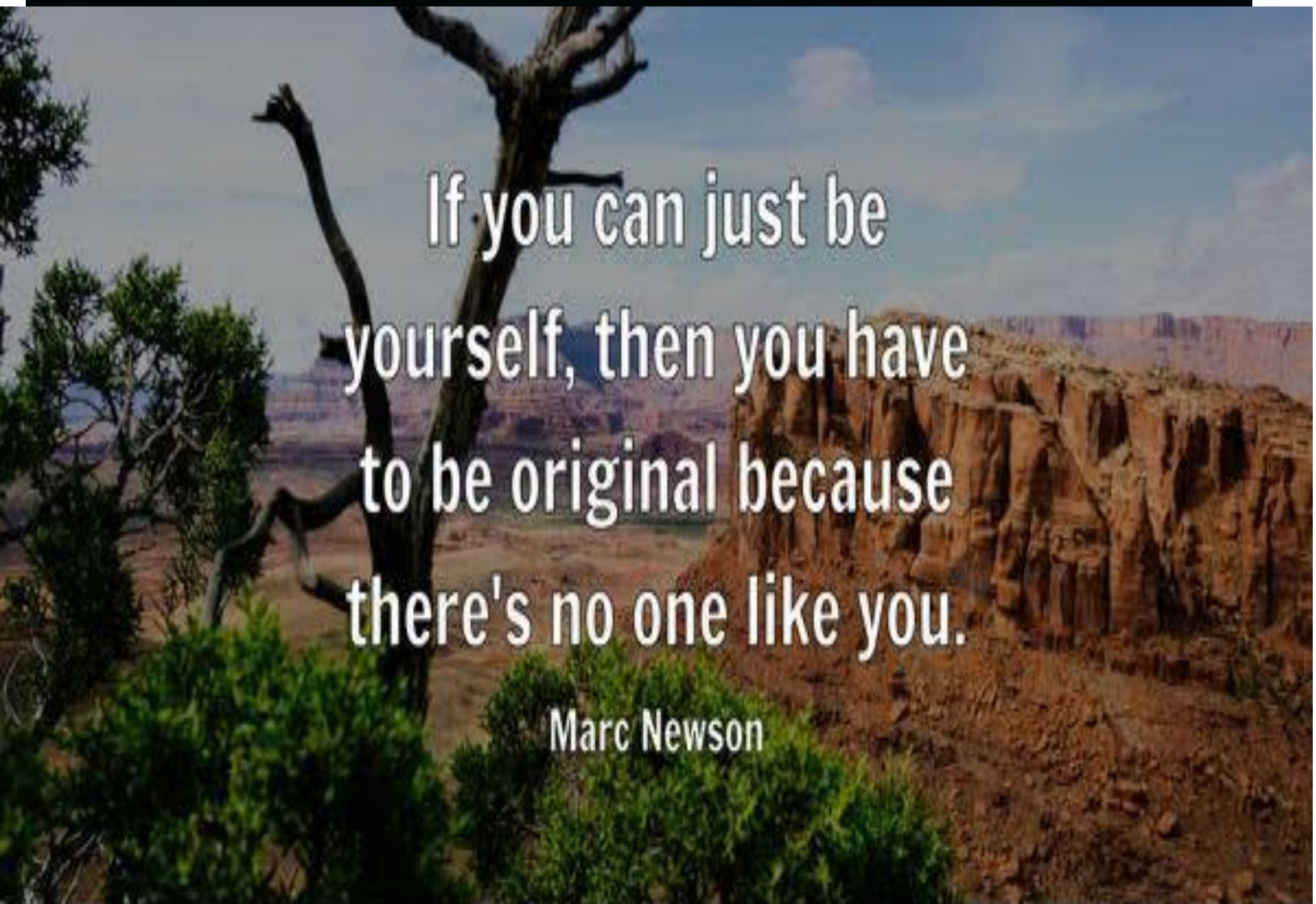
(Zig Ziglar)

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**Don't be shy to be  
yourself, be the way you  
want to be.**

A photograph of a desert landscape. In the foreground, there is a gnarled, leafless tree trunk and some green shrubs. In the background, there is a deep canyon with layered rock formations under a blue sky with some clouds.

If you can just be  
yourself, then you have  
to be original because  
there's no one like you.

Marc Newson

BrainyQuote®

# TRY TO MEET NEW PEOPLE EVERYDAY



## Role Of Friendship In **Boosting Self-Esteem**



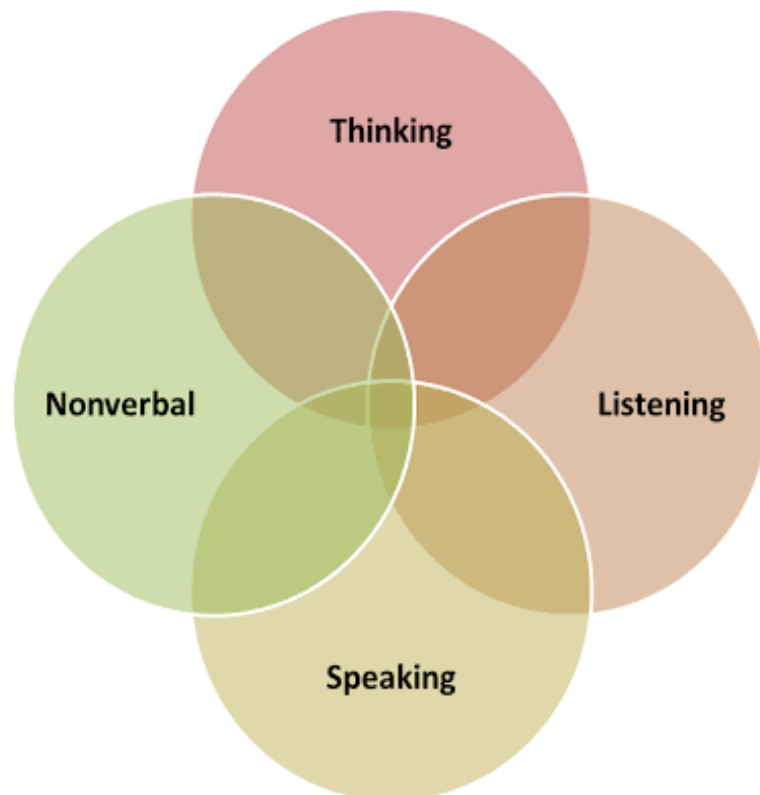


# Accepting Criticism

- Think of criticism as an opportunity for improvement.
- Make sure that you understand what you hear.
- Recognize those who use constructive criticism.



# LEARN WHAT TO AND HOW TO SPEAK



# Improve Your Self Esteem





**Be yourself.  
Accept yourself.  
Value yourself.  
Forgive yourself.  
Bless yourself.  
Express yourself.  
Trust yourself.  
Love yourself.  
Empower yourself.**



*Thank  
you!*





