

SELF-ESTEEM

Self-Esteem is how we value and perceive ourselves. It is the subjective sense of our worth and value. Self-esteem is directly proportional to the achievements and rewards we receive including praise and appreciation. Some have a materialistic sense of self-esteem and others possess non-materialistic self-worth. Both over or low self-esteem can be problematic to leading a quality life.

The key characteristics of people with healthy Self-Esteem:

- Possess confidence in their abilities and talents
- Possess a high level of motivation
- Give priority to mental wellbeing
- Maintain a high-quality life
- Have a well-defined self-identity
- Possess a sense of belonging and security
- Have a high level of self-competence
- Have self-respect and self-worth
- Ability to maintain a healthy relationship with self and others
- Have a clear understanding of the rights of self and others
- Keeps realistic expectations of self and expresses them confidently
- Ability to handle problems confidently and make decisions diligently
- Avoids dwelling on the negative emotions of the past
- Have well-defined realistic future goals
- A here-and-now person who brings the desired result as planned
- Express their needs and say NO confidently
- Feel confident in accepting themselves and expressing their needs
- Will never fear failure or success
- Believe in the 'this time also will pass' life principle
- Confident in receiving negative and positive feedback
- Focus on their strengths and take advantage of the opportunities
- Follow the I am OK, and you are OK attitude in interpersonal relations
- Constantly challenge negative thinking patterns
- Practice self-compassion and positive self-talk
- Set well-defined healthy boundaries in life
- Never tries to please people or seek approval
- Focus on self-development and protection

KEY WORDS EXPLAINED:

Materialistic self-worth:

is the value based on money, property, jewellery, cars, and brands owned by a person.

Non-materialistic self-worth:

is the value based on the spiritual, social status, knowledge, academic achievements, positions, relationships, beauty, and lifestyle of a person.

Low self-esteem: You underestimate your skills and talents, develop a feeling of unworthiness, and keep a low profile

Over self-esteem: You overestimate your skills and talents, develop a feeling of I am perfect and hesitant to learn more or change hence no improvement in life.



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