Lesson 10

WHAT IS HIGH SELF-ESTEEM?

By now you would have understood that Self Esteem is your opinion of yourself. If you have a good opinion of yourself, it is a High Self Esteem and if you have a bad opinion of yourself you are said to be having a low Self Esteem.

Having a positive attitude towards life will help your self esteem as all your interactions with other people around you will always be positive. People with a high level of self-esteem have confidence in themselves; are happy with what they are doing in their lives, are usually highly motivated individuals having the right attitude to succeed. Such people would always do well and achieve success in whatever activities they choose to take up because they are helped by their self confidence and not only the mental strength they possess but also the physical, emotional and social strength they derive from their high Self Esteem.

Having a high Self Esteem brings mental toughness and this always is a positive asset, particularly in all the hard times life brings for us. We should always remember that the stronger we are, the longer we will be able to survive!

Self-respect is your belief in yourself and the respect you have in your own abilities. There are many rewards of self-respect which include:-

- **Success**: Confidence in your abilities will make you more creative at work, thereby making you more successful.
- **Self Fulfillment**: Your belief in yourself will make you more ambitious and achieving what you set out for will be fulfilling emotionally, creatively and spiritually.
- **Healthy**: A positive outlook on life will have a positive impact on your health and a healthy you will have better relationships.
- **Respect**: A person with a high Self Esteem is never afraid of criticism and respects the viewpoint of everyone else. And this is a universal fact that if you respect others, you will earn the respect for yourself too.

- **Joy**: A high Self Esteem allows one to live life to the fullest potential and allows you to savor the joy you experience in the fact of being who you are.

Any persons' Self-respect is very crucial for him or her. The choices made by a person define the reaction of other people towards him or her and play a key role in the level of self-esteem of the individual.

As an individual, if you have a high self-esteem it means that you have a good opinion of yourself and you value & love yourself. You must love yourself before you love someone else. By accepting yourself completely and understanding your abilities and knowing what are, your self-image will be a positive one helping you relate better with other people and make them happy being with you.

Exercise

Do You Have High Self-Esteem

Instructions:

To know more about whether you have a high Self-esteem or a low one, answer the questions listed. The answers to these questions will make you understand the shortcomings and guide you about the areas you need to work on.

What are some of the things you do that show that you value yourself?

_____

_____

Are there things you do that indicate you do not value yourself?

_____

_____

Is there a difference between high self-esteem and smugness or conceit?

_____

_____

What are the things you value most about yourself?

_____

_____

High self-esteem means having awareness about the true self worth of an individual. If you feel you have a high self esteem, it would be probably because you know your abilities and have trust in them and have a positive belief that you are as good, if not better, than other in taking up any of the challenges life has the knack of throwing up at you.

You may be confident that you are better than anyone else around you in accomplishing a task and prove it to everyone. But do you really need to show it or be smug about it? No you don't; if you truly have a high Self-Esteem, you will know that your actions speak louder than your words and you have no need to show it to anyone. "Showing Off' is something which is done only by people who have a lack of confidence in their abilities.

You really ought to accept the appreciation and admiration that comes your way. Your positive Self Esteem should help you accept all compliments with a simple "Thank You". You should never be uncomfortable or embarrassed when being complimented and learn to receive the recognition being accorded to you. You should allow yourself to savor the feelings that come with the recognition awarded to you by the other people in your life. This way you are recognizing your abilities, your talents, your skills, your gifts and by doing so building a positive self awareness which is going to go a long way in your having a high Self Esteem of yourself.