

10 page included

Self Esteem

8 topics covered

WHAT IS SELF ESTEEM?

Self-esteem can be defined as your overall opinion of yourself, your beliefs about your abilities, and your limitations. Self-esteem is shaped by your thoughts, relationships, and experiences, including those related to values, culture, and societal status. Many beliefs you hold about yourself today may reflect messages or treatment you've received from others over time.

Self-esteem can change over time and may transform and stabilize based on the people we have around us and our life experiences. The more variety of situations we face, the more opportunities we have to learn about who we are and who we want to become.

It has been suggested that believing in yourself and accepting yourself for who you are is an important factor in overall success, relationships, and life satisfaction. Self-esteem plays an important role in living a full life.



Getting to know yourself



these are a few activities I value & enjoy:

Things that make me unique & special:

What makes me feel like I belong?	What makes me happy?

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Reflection

WHAT I'M GRATEFUL FOR...

1

2

3

4

5

At times we tend to compare ourselves to others and may feel that we come up lacking. Bringing awareness to what we are grateful for in our own lives can decrease comparison and envy, and increase overall personal satisfaction. Displaying a high level of gratitude can improve your self-esteem by enhancing positive emotions, and may increase feelings of resiliency.

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TOPICS COVERED

- PSYCHO-ED ON SELF ESTEEM
- POSITIVE SELF TALK
- COMPLIMENT YOURSELF
- THINGS YOU CAN/CANT CONTROL
- EMOTIONAL NEEDS
- GRATITUDE
- CHARACTER STRENGTHS
- GETTING TO KNOW YOURSELF

Positive Self Talk

The way that you talk about yourself internally, has a huge impact on your overall self esteem. If you are constantly putting yourself down, judging yourself and using critical language, it can create long term negative beliefs about yourself. These long term negative beliefs may turn into low self esteem. Try finding a few positive affirmations from the list below to help challenge the negative thoughts you may have about yourself. Replace the negative statements with a positive.

- I accept myself for who I am right now
- today is a new day, I am in charge of the present
- I am growing and learning everyday
- I grow with every challenge
- I am enough
- I am in full control of my life
- I choose to trust the process
- All I need to succeed is within me
- I show up everyday and do my best
- My power is unlimited
- I let go of limiting beliefs and choose to trust myself
- I am a valuable human being
- I am becoming more confident each day



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Coping Through Self Esteem

Yicheng Fang



Coping Through Self Esteem:

Coping Through Self Esteem Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Coping Through Self Esteem**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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