

HIGHS & Slows of SELF ESTEEM

What is it that makes us competitive, confident and so ambitious?

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In today's society, to be successful in every aspect of life and competing for the no.1 position is the motto of everyone's life. Achievement levels and greater expectations are getting higher and we are out to prove to ourselves as well as others that we can take on anything to reach our goals.

So what is it that makes us competitive, confident and so ambitious? Well, it is a structure that lives deep within us known as self-esteem. Self-esteem refers to self worth and the way we feel about ourselves. If the self-worth is low, then you can imagine the

effect this would have on an individual. Though it is believed that our core beliefs determine the type of person we are and the way we think, it is difficult to pin point just one cause for low

self-esteem. Those with low self-esteem will generally have negative beliefs and therefore negative thoughts about themselves. Focusing on weaknesses instead of strengths, self blaming, being critical and self doubting are common ways of expressing this.

Childhood experiences

are an important factor for our level of self-esteem. Sometimes the judgements that people make about us are thought to influence the way we perceive ourselves. As young children we form beliefs about ourselves from people around us and from experiences we go through. So, any negative views can be the ones that might stay with us as we don't have any adult perspective on the situation at that age. Also negative experiences in later life, such as issues in personal and professional life can knock the balance of our self-esteem.

Often people confuse self-esteem and confidence. Confidence is what people can see on the outside so the way we behave, poise ourselves, have belief in our abilities and converse with others. Self-esteem however lives within us which people don't see. The word 'esteem' is a Latin word and means to estimate, so self-esteem is how we estimate and regard ourselves.

A good balance...

We also need to keep in mind that too much self-esteem can come across as arrogance. So it's very important to maintain a balanced perspective of ourselves, as both Highs and Lows of self-esteem can affect our personality thus our daily life. ■

Ask yourself these questions:

- Do I like myself?
- Do I deserve happiness & love?
- Do I think I'm a good person?
- Do I think I can achieve what I want in life?
- Do I believe in myself?

People with low self-esteem may find it hard to answer yes to all or most of the questions.

Quick tips to improve self-esteem:

- List at least 10 things that you like about yourself.
- Focus more on your strengths and practice positive thinking
- Take up a hobby and master it.
- Spend more time with positive and supportive people.
- Accept compliments and praises like a gift.

