

The importance of positive self esteem

Self-esteem is a phrase used to describe how a person feels about themselves. It is a measure of how confident you are of yourself and how you feel you are as a person.

Having a good self-esteem is very important in all aspects of life. Having a low self-esteem generally means a person is less likely to feel positive emotions about themselves, is less likely to attempt challenges and as such is less likely to achieve a good level of happiness. Having a good level of self-esteem for example helps in the following:

- **Applying for jobs / work placements/ Uni** - if you believe you are capable of doing a job you will feel far more able to take the step of applying for a position. Having a low self-esteem you are more likely to talk yourself out of it and convince yourself you do not deserve or are not capable of doing the job.
- **Struggle with relationships** - people find it very hard to cope for long periods of time with people who are constantly putting themselves down. Though they know you cannot help it it can become very frustrating for them when they cannot help you see otherwise. In addition if you feel you are not worthy of relationships or that no one will like you then it makes it difficult to then go out and try and make new friends.
- **Low Mood** - having a negative outlook on yourself makes it very hard to maintain a good level of mood. Basically if you feel bad about yourself you will feel bad in yourself. No-one deserves to feel bad about themselves.

Self-esteem can affect your whole life, people with very low self-esteem often become very isolated and withdrawn as it becomes very difficult to maintain good relationships and feel worthy of doing so. Your whole mind-set changes as you feel you do deserve to achieve, that you are not good enough and as such there is no point attempting to do well on a piece of work or apply for a particular place at Uni.

Having a low self-esteem can really make life difficult and as such spending some time doing little things to improve your self-esteem can be a really positive step to take.

Everyone deserves to feel good about themselves, it is not selfish and it is most definitely not a waste of time. Using the my Personal Best website can help you focus on all those little achievements that you manage throughout the day and help you look at what you are managing to do even on days where you are really struggling.

Most of all learn to love yourself!

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