



## Confidence and Self-Esteem

Both self-esteem and confidence play an important role in how much you value yourself and the following information is intended to help you understand where you are today and how you can make any positive changes needed.



Self-esteem is not easily defined as it is a personal quality however, there is one factor that everyone agrees upon: *self-esteem makes you feel good.*

### The truth about self-esteem is ... that it needs to come from within

When self-esteem is low, you may try to fill the emptiness by latching on to something external that provides a temporary sense of satisfaction and fulfilment.

Challenges and stresses in life can sometimes be hard to bear, so when we face difficulties and defeats it is easy to lose our self-belief and our sense of self-worth. Soon we stop believing in ourselves, and the world then becomes a dull and lonely place. So, how do you value yourself?

### It's the 'FEEL GOOD FACTOR', which is based on 'SELF-BELIEF'

Circle the number below to show where would you place your self-esteem today

Very low  
Self-esteem



Very high  
Self-esteem

0 1 2 3 4 5 6 7 8 9 10

### What you need to know:

- Self-esteem is a way of thinking, feeling and acting that implies that you accept, respect, trust and most importantly, believe in yourself
- Self-esteem determines your inner happiness. If you have high self-esteem, you are probably a happier person than someone with low self-esteem
- When you accept yourself, you can live comfortably with both your personal *strengths and weaknesses*, without that inner self-critic undermining your efforts
- When you believe in yourself it means that you feel that you deserve to have the good things in life. It also means that you have the confidence that you can fulfil your deepest personal needs, aspirations, and goals.
- Self-esteem conveys not just how we treat ourselves, but also how we treat others
- So, in order to value others, you have to *value yourself first*
- Everyone makes mistakes and the best thing you can do is learn from them. Realise that a mistake is simply an opportunity to learn to do it differently the next time, which can be a very empowering new belief

"Nobody can make you feel inferior without your permission."

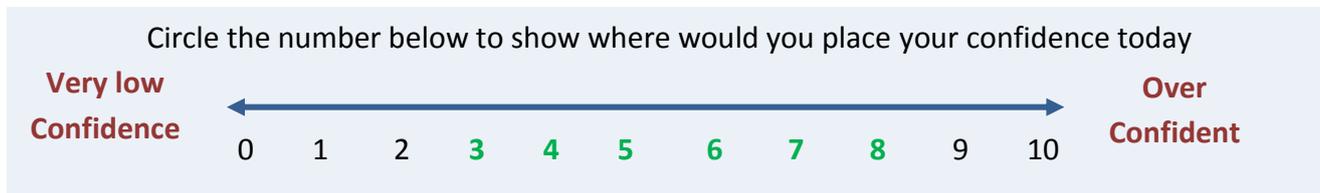
Eleanor Roosevelt

Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it.

- If you have low self-confidence you avoid taking risks and stretching yourself, you might even not try at all often presenting an overall negative outlook
- If you are at the other end of the spectrum & over-confident, you may take on board too much risk, stretch yourself beyond your capabilities & could then experience a serious failure.



### Self-confidence is all about balance



*The really good news is whilst there is no quick fix, if your confidence is currently on the low side, it can be learnt and built upon with focus and determination to see things through, building successes which no-one can take away from you!*

- Goal setting is arguably the most important skill you can learn to improve your self-confidence
- Avoid perfectionism which paralyzes you and keeps you from accomplishing your goals
- Accept that mistakes happen when you're trying something new, treat them as learning experiences
- Speak positively about yourself, about your future, and about your progress. Do not be afraid to project your strengths and qualities to others
- Be thankful for what you have, by acknowledging and appreciating what you **do** have, you can combat the feeling of being incomplete and unsatisfied.
- Accept compliments gracefully, take it to heart and respond positively with a "thank you" and a smile

This chart is to help you to identify your strengths & any areas you may want to change or improve. Fill each section in honestly, and then decide what you can do daily to make any changes or improvements. Use the strengths and skills you have now identified together with the 'top tips' to help you succeed.

What <b>LIMITATIONS</b> do you believe you have that stop you from feeling good about yourself?	What <b>STRENGTHS</b> , skills or talents do you have, at work or home, with people, children or situations?
What <b>CONCERNS</b> do you have that you feel are obstacles to achieving your goals?	What <b>OPTIONS</b> are possible for you to make those positive changes in your life?



## Top Tips to Help Boost Your Confidence and Self-Esteem



- **Have friends around you that are positive**, it is really beneficial to be with those that love and care about you
- **Avoid those that put you down** or befriend you to make themselves feel better, it is often better to have a few really good friends than lots of superficial ones
- **Do something kind for someone else**, it will make you feel good too
- **Focus on the positives**, keep a daily notebook of all the positive things that have happened or been said to you that have made you smile or laugh each day for two weeks. Look back, reflect and enjoy the fact that positive things really do happen in your life
- **Visualize or imagine what you want to do**, just close your eyes, and then vividly imagine yourself succeeding at what you are going to do, maybe for the first time. The mind does NOT know the difference between something VIVIDLY imagined and something real.
- **Be honest with yourself, value your achievements** and acknowledge the skills and talents you do have, don't be tempted to compare yourself to others. You are unique and no-one will have the same life experiences as you
- **Don't let yourself make sweeping statements about yourself** – e.g. "I'm no good at ....." in the long run it is this sort of thing that can really damage your self-image. Building self-esteem is not just about thinking good of yourself, it's also about not thinking badly of yourself for no reason
- **Trust your own judgement**, it is ok to feel unsure but don't let it stop you from enjoying life and doing things. It's OK to ask for help and support
- **Set realistic goals**, to help you stick to them tell a friend or someone that will support you, break it down into easy steps and decide on a date you want to achieve it by. Give yourself a reward or treat when you have reached each stage of your goal(s)
- **It doesn't need to be perfect**, there are only a few exceptions to this, so relax and just do your best, especially in your personal life with friends and family
- **If you look good you will feel good**, changing the way you look can give your confidence a boost and it needn't cost a fortune, a charity shop in a good location will often have designer clothes, local hairdressers & beauty schools are often looking for models! Small changes can make a BIG difference

Don't let what you can't do, stop you from doing what you can do.

John Wooden