

Self Esteem

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Self-esteem is a person's overall opinion and belief in their own worth, value, and abilities. It influences thoughts, emotions and behaviors. Healthy self-esteem brings confidence, positivity and resilience; fostering personal growth and well-being. Low self-esteem leads to self-doubt, negative beliefs and difficulties in relationships and goals.

Self-esteem is shaped by early experiences, including parental attitudes and support. Social interactions and peer relationships play a role, with validation and acceptance boosting self-esteem, while rejection and criticism can harm it. Self esteem is developed, it is not genetic. We are not "born" with it. We develop it through time, trial, error and successes.

Building healthy self-esteem requires self-awareness, self-acceptance and self-care. Engaging in activities that promote personal growth, setting achievable goals, and practicing self-compassion are key. Seeking support from trusted individuals is also helpful.

List of Possible Strengths

- Creativity
- Honesty
- Leadership
- Optimism
- Persistence
- Teamwork
- Curiosity
- Love
- Decision-Making Skills
- Critical thinking
- Effective Communication
- Conflict Resolution
- Public Speaking
- Forgiveness
- Humor
- Appreciation of Beauty
- Love of Learning
- Kindness
- Humility
- Spirituality
- Gratitude
- Positive Attitude
- Diplomacy
- Time Management
- Open Mindedness
- Research Skills
- Bravery
- Social Awareness
- Self Control
- Flexibility
- Enthusiasm
- Emotional Intelligence
- Intuition
- Perseverance
- Empathy
- Attention to Detail
- Self Discipline
- Initiative & Self Motivation
- Resilience

Instructions:

Take a moment and mark your unique strengths and talents from the list above. This is not an exhaustive list, and everyone possesses a unique combination of strengths. It's important to recognize and embrace your individual strengths while also seeking opportunities to develop new ones. To further support the development of your strengths, follow the prompts on the second page.

Discover Your Strengths & Talents

1. What activities or tasks do you enjoy and excel in?
 - List specific activities or tasks that you find fulfilling and perform well in.
 - Examples: playing a musical instrument, writing, problem-solving, organizing events, etc.

2. What are some skills or abilities that others often compliment you on?
 - Think about the skills or abilities that people frequently acknowledge and appreciate in you.
 - Examples: effective communication, leadership skills, artistic talent, attention to detail, etc.

3. What personal qualities or characteristics do you value in yourself?
 - Identify the positive traits that you believe you possess or strive to embody.
 - Examples: kindness, perseverance, creativity, empathy, adaptability, etc.

4. Recall a time when you accomplished something you were proud of.
 - Describe a specific achievement or accomplishment that made you feel proud and fulfilled.
 - Reflect on the skills, strengths, or talents you utilized to achieve that success.

5. Are there any areas where you consistently receive positive feedback in your personal or professional life?
 - Think about feedback you receive from others in different areas of your life.
 - Identify recurring themes or strengths that people consistently recognize.

6. Reflect on the activities or tasks that energize and motivate you.
 - Identify activities that you feel enthusiastic about and find energizing.
 - Examples: helping others, public speaking, creative projects, analyzing data, etc.

7. Are there any specific hobbies or interests you have developed expertise in?
 - Consider any hobbies or interests you have pursued passionately and developed considerable knowledge or skill in.
 - Examples: photography, cooking, gardening, coding, playing sports, etc.

8. Review your answers and identify common themes or patterns.
 - Look for commonalities, recurring strengths, or talents that emerged from your responses.
 - Reflect on how these strengths and talents align with your personal and professional goals.