

Thrive 365 #13

Did you know?

According to self-esteem expert, Morris Rosenberg, self-esteem is simply one's attitude toward oneself' and it can be 'favourable or unfavourable'. Factors believed to influence self-esteem include: genetics, personality, life experiences, age, health, thought patterns, social and economic circumstances. So how can we build our self-esteem or support others?

What can you try?

1. Avoid confusion

Be careful not to confuse self-esteem with self-confidence. Self-esteem refers to a person's overall sense of his or her value or worth, whereas self-confidence is trust in yourself in a certain situation. You do not need to be confident in every area to have high self-esteem.

2. Accept your personality

Being an introvert or an extrovert is not related to self-esteem. In the same way that you would support others to value their own personality, do the same for yourself.

3. Guard against perfectionism

Recognise perfectionism for what it is: impossible! Strive for excellence or sometimes 'good enough' and be on guard for signs you are striving for perfection. This can damage self-esteem as you will never meet your own expectations.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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