

What it Means to Have a Healthy Self-Esteem

Let's start by exploring what it means to have a healthy self-esteem. Self-esteem reflects an individual's overall subjective emotional evaluation of his or her own worth and encompasses the beliefs, thoughts, and feelings one has about oneself. In short, self-esteem is how you feel about yourself!

We all have different levels of self-esteem. Some people have a low, or negative self-esteem. When people have a low self-esteem, they have come to undervalue themselves so much, that they no longer love themselves as they are.

They put very little value on their abilities, talents, opinions, and ideas. Instead, they focus on their perceived weaknesses or faults and believe that other people are better, smarter, and more capable than they are.

On the other hand, some people have a healthy self-esteem. When people have a healthy self-esteem, they love themselves exactly as they are!

They value their abilities and focus on their strengths, needs, ideas, and opinions. They are confident and resilient, open to learning, form healthy relationships and are less critical of themselves, and others.

People with a healthy self-esteem tend to live a happier, more fulfilled life!

The good news is that in general, we were all born with a healthy self-esteem! This means that no matter what a person's self-esteem is like right now, they have the power to boost their self-esteem and live to their potential!

You might be wondering, if we were all born with a healthy self-esteem, what caused it to change? All of the authorities in our lives, experiences we've lived, and self-talk we repeat impact and shape our self-esteem.

In our next session, we will explore these three factors in greater detail and help you – and the kids – discover how they impact your self-esteem.

For now, it's time for your first FUNtivity, our way of saying a FUN activity! All you need is a 5 minutes a day, a journal, and a mirror.

Here's how it goes: Every morning, you will set aside 5 minutes of private time. During those five minutes, look at yourself in the mirror for 2 straight minutes.

Do your best to look at yourself the entire time...the details of your face, the curves of your body, the muscles in your arms, every little detail.

After looking at yourself for two minutes write down a few compliments about yourself.

Maybe you love how the light hits your hair. Perhaps you adore the way your eyes glow with intelligence. Or just maybe you admire yourself for making the time to strengthen your self-esteem!

Repeat this activity for 21 days and you'll empower your self-esteem, inner strength, and confidence!