

Self Esteem vs Self Worth



SELF ESTEEM

Based on external factors, such as accomplishments and successes. Confidence in one's abilities.

VS.

SELF WORTH

One's evaluation of self as a capable human being deserving of consideration and respect. It is an internal sense of being worthy of love.

Tips For Improving Self Worth



Self Compassion

- Self-compassion is the ability to be kind to yourself and accept yourself in spite of your flaws, mistakes and limitations.
- Be cognizant of how you talk to yourself – your “inner critic” can be really mean sometimes.

Positive People

- Focus on who you surround yourself with...
- Surround yourself with people who encourage you instead of tear you down.



Mindset

- Practice a self loving mindset.
- Challenge your negative thoughts. Are they true? We all have them, but remember thoughts are not facts.

Fun Activities

- Participate in activities you are good at and enjoy. This can provide positive reinforcement to remind yourself that you are capable.
- Consider retrying activities you once enjoyed.



Not Worth The Lead

CH Cherryholmes



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