

DEVELOP TOGETHER

"Helping You Make Positive and Long Lasting Changes to Your Life."

Self Confidence and Self Esteem

Many of us will refer to ourselves or others as lacking self confidence or having low self esteem, both are these terms are used so much that their real meaning is lost.

Self Confidence primarily refers to any skill we each have, such as a sport we're good at, a different language we speak, an ability to make or fix things, an ability to lead or work with others or something else. We all have a number of innate skills that we're naturally good at and when doing these things we feel confident. That is called Self Confidence.

Self Esteem is a little more complex and is to do with how we value ourselves as a person. It can be easy to compare ourselves to others, whether that be friends, family, work colleagues or celebrities. Doing this is a slippery slope to low self esteem as we tend to focus on the things that others are naturally good at while forgetting our own qualities. Social Media has been an unfortunate tool for people to constantly compare themselves to each other, even though the majority of information shared is tweaked to be the best version of ourselves. This can cause us to place value on superficial things that have little reality attached to them, leading to a vicious circle of artificial information to try and make ourselves feel better. This is a classic sign of low self esteem.

If you find yourself having low self esteem then try the following tips to increase the value you give yourself.

1. STOP posting on social media to get positive interactions such as 'likes', good comments and up votes. It's not a competition and nobody cares but the person who shares.
2. Make a list of your natural talents and qualities. These are the things that give you value. If you struggle to make this list then ask an honest friend or family member to help and don't disagree with their opinion of you. Try to avoid superficial things.
3. Look at some skills that you'd like to be better at or new skills you'd like to learn, then practice these. Self development is always a route to higher self esteem.
4. It's important to realise that self value has absolutely nothing to do with money, so remove this from your mind when thinking about your own worth.
5. Helping others as selflessly as possible can give you a good boost in how you value your contribution to the world. This could be through charity work, visiting sick or elderly friends or relatives, helping someone move house or just being a good samaritan for a total stranger. These positive actions put smiles on others faces, which can be infectious and cause you to smile too, leading to higher self esteem. But as a reminder, don't boast about your good deeds, either on social media or in person, as that goes against tip number one.

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

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