

The importance of Self Esteem

12 Reasons Why

The importance of a healthy self-esteem for the foundation of your existence cannot be underestimated. Your esteem is important because it has an impact on your life and choices. Your self-value is the source of your mental health. Self-esteem is the idea that you have about yourself. It is how valuable and important you think you are. How you respect yourself as a person. Self-esteem is important because:

1. You believe you are worthy of happiness, you feel worthy of respect.
2. Is the first step in believing in you, it builds self-confidence. If you do not respect yourself do you think that others will.
3. Your self-esteem has a profound effect on your thinking, emotions, happiness, desires, values, and goals.
4. You can still feel respect and be proud even if you make a mistake.
5. You never compare to others and your self-confidence is strong.
6. You have a sense of control and direction and approach problems with a different perspective. Allows you to make correct choices and take action and be proud.
7. Allows to act independently and to assume responsibility for your actions, goals and desires.
8. You can take new challenges easily and handle criticism.
9. You consider yourself a valuable person and you live for a reason.
10. Gives the clarity to recognize your qualities. Strong faith in yourself and know that you are lovable and capable.
11. It is an integral part of personal happiness, fulfilling relationships and achievement of your desires.
12. Allow you to be in control of your own live and able to do what you want, is the source of your mental health, which is why self-esteem is so important.

Everything in your life is a reflection of a choice you have made

If you want a different result make a different choice