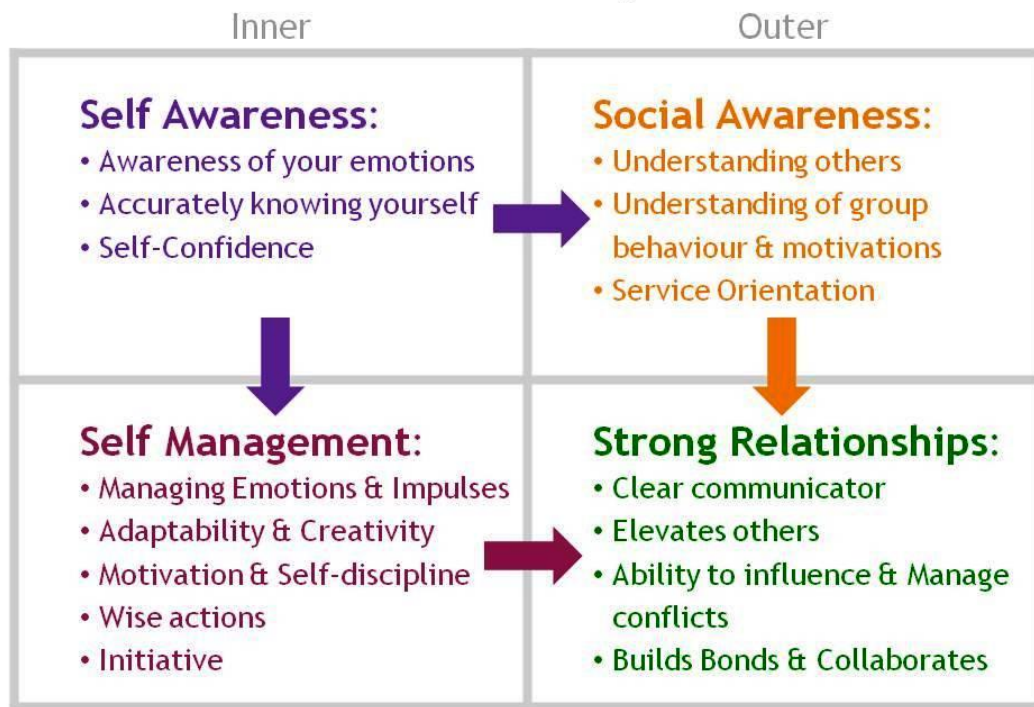


**Self-Esteem:** *Improving self-esteem is a very personal journey. It's a key part of feeling happy within ourselves, and of feeling that we're succeeding in the things that matter to us.*

Definition	A leading theory is that it's a combination of two factors: competence and worthiness
Improving self-esteem <i>Thomas G. Plante, PhD, ABPP</i>	<ul style="list-style-type: none"> <li>• Think about yourself positively</li> <li>• Take pride in your accomplishments</li> <li>• Be consistence</li> <li>• Remember that you aren't perfect</li> </ul>
Competence	how far you believe that you have the skills and abilities you must succeed in areas that matter to you.
Worthiness	This is where you express your overall evaluation of yourself. It's based on your values, and on whether you routinely behave in a way that is consistent with these values.

### Master Your Life Aptitudes



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