

What is good self-esteem?

Good self-esteem is the ability to:

Think positively about your qualities

Recognize and develop your unique strengths

Be prepared to work on any weakness

Create some success in your life

Do things just for your own pleasure

Accept failure and mistakes without being devastated

Keep all ups and downs in perspective

Find an image you like and are comfortable with

Develop warm, understanding relationships

Recognize and draw out the positive qualities in others
without feeling threatened.