

Self-esteem building

1. "Self-esteem" is our overall thoughts and evaluations of ourselves. The higher our positive evaluation of ourselves, the less likely we are to be defeated by difficulties, and the less likely we are to feel depressed or discouraged by others' attitudes, words, or behaviours.
2. People with high self-evaluation (high self-esteem) have the following characteristics:
 - a) Affirm their own capabilities, know how to persist in the face of difficulties and challenges.
 - b) Understand their own shortcomings and are brave when facing failures.
 - c) Feel valued, and when interacting with others, they know how to cooperate and care for others.
3. Self-evaluation can be discussed in different categories, including:
 - a) Personal traits:

Each of us has our own uniqueness that cannot be replaced by others. This uniqueness is our distinct value. Therefore, we do not need to compare with others, we should accept our innate characteristics, and try to appreciate our own unique and beautiful aspects.
 - b) Personal abilities:

Recognising our strengths and constantly leveraging them allows us to see the aspects of ourselves that we are satisfied with. This affirmation and increased confidence enable us to perform tasks well and establish our won value. There is no need to compare ourselves with others. Instead, we should believe that there is room for further improvement and opportunities for growth.
 - c) Relationships:

Having good relationships or close connections with others can let us know that we are valued, important, cared for, and supported in others' hearts, all of which help increase our self-evaluation. In addition, we can also accept friends' criticisms or friendly advice from these good relationships, and not feel attacked by their honesty.
4. Ways to enhance self-esteem:
 - a) Affirm oneself:

Try to find some qualities that you can appreciate yourself in life. Make it a habit to praise yourself after completing a task, to recognise the effort you have put in and affirm your personal abilities. When you find that you have negative thoughts, you should explore their validity, and try to replace them with positive thoughts to boost your self-confidence.

b) Show your strengths:

You can participate in activities according to your own interests and abilities. Make good use of your strengths and potential to seek progress continuously which can enhance your self-esteem.

c) Set reasonable expectations:

Set reasonable expectations according to your own abilities. Adjust and divide your ultimate goals into smaller, achievable goals, and proceed step by step. By doing so, the chances of success will increase. These successful experiences will enhance your personal abilities and positive evaluations of yourself.

d) Accept imperfections and be willing to improve shortcomings:

No one is perfect, some shortcomings do not mean that the person is worthless. Try to accept your own shortcomings and by reviewing and improving them, you would have a better impression of yourself.

e) Build good interpersonal relationships:

We should collaborate sincerely and complement each other. We can also enhance our self-esteem if we gladly accept others' appreciations.