



BUILDING CONFIDENCE/SELF ESTEEM

Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered to be a measure of how much a person values, appreciates or likes him or herself. Believing in yourself and accepting yourself for who you are is an important factor in success, relationships and happiness. Confidence and self-esteem go hand in hand. They influence one another and neither of them can be permanent. They can change based on circumstances and can be improved on time and again.