

# WHAT IS SELF-ESTEEM?



**Self-esteem** is the belief and confidence in your own ability and value. **Self-esteem** includes: *feelings of competence, identity, a sense of belonging, a feeling of security and self-confidence.*

It is important to build a **healthy self-esteem** to be happy. People with a healthy self-esteem are able to accept their strengths and weaknesses, to express their needs, to accept a compliment and they are able to say no.

# Selfesteem Peak Performance

**Michal Rosen-Zvi**



**Selfesteem Peak Performance:**

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