



Insight and Inspiration,  
Innovation and Vision  
For the Developing and  
Evolving Self

Workshop

## INTERNATIONAL INSTITUTE FOR SELF DEVELOPMENT

[IIFSD.org](http://IIFSD.org)

### Self Esteem

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#### *What is Self-esteem?*

There are two components to Self-esteem.

Self-esteem is having a fundamental and deep, good feeling for and about your Self, and having a deeply positive regard for your Self.

Self-esteem is the knowing, conviction, and certainty of your right to exist.

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#### *What Does Self-esteem Give Us?*

Self-esteem gives us the permission and authority, ability and willingness to assert our rights.

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#### *How Do We Get Self-Esteem?*

We give Self-esteem to our Self. We do this through our own evaluation of our behavior, motivations, and attitudes according to a set of criteria that we hold. These criteria are made up of our values, ethics, principles, and ideals. A short hand version is answering the question, "Are we doing the right thing, for the right reason, and feeling good about it?"

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#### *What is Self-Worth*

Human beings are born with and have innate worth. The word innate means "inseparable from." Our worth is inseparable from our existence. Additionally, our existence itself and our worth generate the automatic right to exist.

In this workshop we explore these four fundamental questions; elaborating, understanding and applying them.

