



What is self-concept, self-esteem, and self-worth?

1. Self-concept is your description and evaluation of yourself. It includes physical and personality characteristics, qualities, skills, roles and anything else you would use to describe yourself. (What you think about yourself.)
2. Self-esteem is the degree to which the qualities and characteristics contained in your self-concept are perceived to be positive. (How you feel about yourself.)
3. Self-worth is your evaluation of yourself as a valuable and capable person who deserves respect and consideration.
4. They can all change!

Why is positive self-esteem important?

- Able to form healthy relationships
- Confidence
- Resilience
- Able to express needs
- Able to be realistic in expectations and self-assessment
- Less likely to experience anxiety and depression

