

Self esteem is not only a concept, it is a diagnosis, a business and somewhat of a mystery. In the following video, watch as we see three popular views of Self-esteem. The first is by a licensed Psychologist , the second is from a professional speaker and the third is from an armature posting his thoughts on the Internet.

The Psychologist: A profession designed for helping people.

Goal: *Building self-esteem and learning to love yourself is based on building a sense of self-efficacy and accepting your own flaws and imperfections.*

- Self esteem is based on whether you can do things well or not so well.
- Some have talents and traits which lend to higher self esteem.
- Do what you are good at and get the natural reward from that.
- (self-love = accepting your Abilities, Flaws and inabilities) What makes you, you?
- Doing so will make you a happier, healthier person.

The Professional Speaker: A career based on being an effective and affective speaker.

Goal: Learn to improve low self esteem from a professional speaker in this free self help video.

Self esteem: Your self esteem is how you feel about who you are, your self image.

Video 1:

- **Sometimes our self-image is very, very negative.**
- **How do we feel about ourselves?**
- **It is possible to feel “too fabulous” about ourselves.**
- **Make a self-assessment: Very helpful for those with low self esteem.**
- **It has completely to do with you and how you feel about who you are in the world.**
- **You might not be as bad as you think you are.**

Video 2:

Goal: *Find the positive things about yourself, your strengths and talents, to drive raising self esteem. Don't listen to negativity.*

- **Counteract the negative with positive. (“I’m not dumb” etc)**
- **Do self affirmations. (Blanket statements about you in a positive manner – “I’m a good person, I deserve good things to happen. I’m a worthy person.”)**

Joe Anybody: Proof that just about ANYBODY has an opinion

This guy had so many hits, and he was so popular, I added it in here. This is when you see self image being used for manipulation. The truth is though, we do often talk to our friends about our problems and as we'll see here, the answers can be a little strange.

Goal: *Learn one simple, effective way to improve your self esteem and confidence.*

Be confident and don't be afraid of rejection. Gain self esteem to approach, meet, pick up and flirt, seduce and attract women.

- You must sit down and think of 1,2,3 things you do not like about yourself (weight, etc).
- Once you identify it, you begin changing it... improving it immediately. Start TOMORROW.
- He suggests getting advice from friends and co workers.
- Try emulating other people (be someone else?).
- Ultimately he says you are responsible for changing/fixing yourself.