Video transcription

Building Self-Esteem

Building self-esteem is crucial for success in school and at work. When you feel good about yourself, you're more likely to face challenges with confidence and determination. Trying new things often means overcoming difficulties and even failure at times, but how you deal with those setbacks depends on your self-esteem. A positive mindset helps you see problems as chances to learn, rather than as reasons to give up.

Practical tips for building your self-esteem

1. **Recognize your achievements and strengths**
   Start by acknowledging your achievements and strengths. It's easy to focus on what you haven't done yet but remember to celebrate what you have already accomplished. Write down your successes, no matter how small, to help you feel more confident and ready for the next challenge.
   Example: If you're good at organizing, this skill is very useful in school and work. Being a team player and sharing credit for group efforts are also qualities that fellow students, coworkers and employers appreciate and value. If you have a hobby that requires attention to detail, highlight that skill for group projects and make it known in your job search.

2. **Set small goals and celebrate your progress**
   Big goals like finishing school or finding the perfect job can feel overwhelming. Break them down into smaller, manageable goals. Celebrate each small success to stay motivated.
   Example: If your goal is to finish school within a certain time, celebrate each assignment or semester you complete. Recognizing small victories helps you stay focused on the bigger picture.

3. **Practice positive affirmations every day**
   The way you talk to yourself can affect your self-esteem. Positive affirmations help you build self-confidence. Take a moment every day to remind yourself of your strengths and abilities.
   Example: In the morning, look in the mirror and say, "I have the skills to succeed, and every day I'm getting closer to my life goals."

4. **Surround yourself with supportive people**
   The people around you can greatly influence how you feel about yourself. Spend time with people who encourage and support you—friends, family, or mentors who keep you positive. Stay away from negativity.
   Example: If you're unsure about a school or work assignment, talk to a supportive friend or mentor who can offer helpful feedback and encouragement.

5. **Accept failure as part of the process**
   Failure is a normal part of learning and growing. How you handle failure impacts your

self-esteem. Instead of taking it personally, try to learn from it.

Example: If you don't do well on a school assignment or aren't successful after a job interview, ask for feedback. Use this information to improve. Your instructor or the employer will likely appreciate that you care and are willing to learn from the experience.

6. **Maintain a growth mindset**

A growth mindset means believing you can improve with effort and practice. Instead of viewing challenges as problems, see them as opportunities to grow. Always look for ways to learn and improve.

Example: If you need to improve a skill, like using a computer program, take an online course and practice in your free time. This shows you're willing to learn, which boosts your self-esteem.

Conclusion

Building self-esteem is a continuous process, and it plays a key role in your success at school and work. By recognizing your achievements, setting small goals, practicing positive affirmations, finding supportive people, accepting failure, and maintaining a growth mindset, you will feel more confident. Strong self-esteem helps you stay motivated, resilient, and ready to pursue the job and life you want.