

SELF-ESTEEM

Meaning: Self-esteem is the regard or confidence a person has in their own worth or abilities, influencing their happiness and life satisfaction.

1. Self-esteem plays a crucial role in shaping our overall happiness and life satisfaction.
2. Many people struggle with low self-esteem, which can affect their relationships and career choices.
3. Building self-esteem often requires challenging negative thoughts and embracing self-compassion.
4. Children with high self-esteem tend to perform better academically and socially than their peers.
5. Therapy can be an effective way to help individuals improve their self-esteem and self-image.

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