

Self-Esteem

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Self-esteem is an expression of your perceptions about yourself and the reaction and response of others to you as an individual. Self-concept is a view of one's self. Self-concept is derived from the things that we cannot change about ourselves, such as race, background, and childhood experiences. Mruk (1995) states the basic components of self-esteem are competence and worthiness and their interaction with each other.

The expectations we have for ourselves and for others play a large role in our performance in everyday life. The self-fulfilling prophecy states if others around us think we will fail at a task, then we are likely to fail and the prophecy is fulfilled.

Conclusion: Leadership requires people to have a strong sense of self and what they can accomplish. Leaders are those who are confident and portray that confidence to others. Self-esteem should be maintained throughout life. Being surrounded by significant others in life helps the feeling of being accepted. Focus on positive behavior. Remember, it is our behavior, the dialogue we utilize, the tone of our voice and how we see others that portrays our self-esteem.

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