**Self Esteem**

Self-esteem is …………………. we feel about ourselves and our worth. Some people naturally have higher self-esteem, while others may struggle ………………… it. There are many factors that can contribute to why some people ………………… strong self-esteem:

1. \*\*Positive Experiences:\*\* Growing up in an environment …………………… a person feels loved, appreciated, and valued can lead to higher self-esteem. Receiving encouragement and positive feedback helps develop a sense of self-worth.

2. \*\*Supportive Relationships:\*\* Having strong, supportive relationships ……………….. family, friends, or mentors can boost a person’s confidence. When others believe ………………… you, it's easier to believe in yourself.

3. \*\*Accomplishments and Achievements:\*\* Successfully achieving goals, whether big or……………………, builds confidence and reinforces a positive self-image. People who ………………….. they are capable often have higher self-esteem.

4. \*\*Self-Acceptance:\*\* People with good self-esteem tend to accept themselves, including their strengths and flaws. They don't seek perfection but are comfortable with who they are. This ………………….. to a more positive self-view.

5. \*\*Resilience:\*\* Some people naturally develop resilience—being …………………….. to bounce back from setbacks and learn ……………………. them. Resilience helps people maintain a sense of self-worth …………………. during difficult times.

6. \*\*Social Comparison:\*\* Some individuals compare themselves less ……………….. others, focusing more on their own progress rather …………………. feeling threatened by someone else’s achievements. This often results …………… higher self-esteem.

7. \*\*Personality Traits:\*\* Certain traits, like optimism and self-compassion, can ……………… help people maintain high self-esteem. Optimistic people ………………….. to focus on the positives in life, which supports a positive ……………………..-view.

However, it’s important to note that self-esteem can fluctuate, and many factors—both external and internal—can impact it over time. It’s something that can be built and improved with practice, self-care, and positive experiences.