

## **TOPIC 1 : SELF AWARENESS AND SELF ESTEEM**

### **Self Awareness**

- It is the knowledge of oneself
- it is the way you identify yourself

You understand yourself in terms of likes, dislikes, values, weaknesses, strengths, talents, hobbies, ambitions, abilities, emotions, habits, feelings, personality and intellectual characteristics

#### **Effects of having No Self Awareness**

- Lack of self confidence
- Having negative self-image
- Making poor choices and decisions in life
- Being in the company of bad friends
- Engaging in risky behaviours that may ruin his/her life

#### **How other people view you**

- people may see you in different ways. Others see you as strong, confident, intelligent person while others see you as weak, unintelligent, coward etc
- the way others see you may influence your self –image
- the way you see yourself, however, is more important than what other people think or know about you.

### **Self-Esteem**

- it is the way a person sees or values himself or herself, either positively or negatively
- it is the belief and confidence in your own ability and the value
- it is the way you feel about yourself.

#### **Characteristics of Healthy (Positive) Self-Esteem**

- **Respect** – for oneself and others, opinions and property of others
- **Ambition** – strong will/desire to succeed. A will for personal advancement
- **Optimism** – being hopeful and looking at the positive side of a situation rather than the negative side
- **Co-operation** – working together with others to achieve common goals
- **Enthusiasm** – feeling of interest and eagerness to be involved in an activity
- **Empowerment** – state where one feels they are in control of their life
- **Responsibility** – taking care of something or someone and accepting blame if anything goes wrong
- **Kindness** – feeling compassion towards others who are less privileged
- **Sense of humour** – causing laughter and happiness
- Giving credit where it is due

#### **Importance of Self-Esteem**

Self-Esteem helps a person to :

- Be assertive
- Think critically

# Form One Life Skills Past Papers

**Tobias Bleicker**



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