

ESTEEM

Esteem is the measure of one's value or worth; self-esteem is how you feel about yourself, or what you think of yourself as a person.



Figuratively, self-esteem can be associated with looking at yourself in a mirror, or seeing your reflection. If you like what you see, you are satisfied with your appearance and basically feel good about it; if you don't like what you see, you may feel bad about yourself. Of course, your appearance is only the surface and does not really identify all of you, your worth and value.

“Character counts” is often a phrase used in the public forum. This phrase means that an individual should be valued on their attributes and qualities – as opposed to appearance only. Not everyone is considered physically attractive by public standards and, if they were, the public would simply change the standard anyway. But character is something that is developed over time, not passed-on through our lineage. Character can be formed and fashioned such that the result far outshines physical beauty.

“Beauty is only skin deep” is a phrase that means that our physical appearance is a very diluted or shallow form of measuring a person's value. The mouse may be very delighted by his reflection but if he doesn't treat other mice well, if he doesn't take care of his family, or if he steals cheese from the others, he has bad character – and his appearance simply does not matter.

Self-esteem is very important because the way that we feel about ourselves has a great deal of influence or weight on how we develop and mature. If someone is insecure or has low self-esteem, they may never achieve to their capability or potential. It is one thing to recognize our weaknesses or areas where improvement is possible; but my concern is that low self-esteem may lead to pervasive or general failure and a skewed impression of one's own abilities and value. A healthy self-esteem does not affirm that you are perfect or flawless but it does affirm that, because God created you, you have value and purpose; it is not an unrealistic sense of grandeur but rather an honest assessment of your character.

For children and adults alike, esteem is nurtured by those who are closest to us. For children, nurturing most likely will come from the parents; but can also come from extended family and other adults in your life. When children are loved, and they sense that love, the product is healthy self-esteem; but without real love, the children may very slide into a period or a lifetime of low self-esteem. Please know that you are loved dearly and that we (all us Rainer's) esteem or value you.

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