Your Self-Esteem Determines Your Life

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Perhaps the most important part of the psychology of time management, and the role that your self-concept has in determining your performance and behavior, is the impact of your self-esteem in determining everything that happens to you.

Most psychologists agree that self-esteem is the critical determinant of a healthy personality. The best definition of self-esteem is, “how much you like yourself.” When you like and respect yourself, you always perform and behave better than if you did not.

The more you like yourself, the more confidence you have. The more you like yourself, the more efficient and effective you are in each area of your life. Self-esteem is the key to peak performance.

Your self-esteem is so important to your emotional health that almost everything you do is aimed at either increasing your feelings of self-esteem and personal value, or protecting it from being diminished by other people or circumstances. Self-esteem, the feeling of liking and respecting yourself, is the foundation principle of success and happiness. It is vital for you to feel fully alive.
The Key to Peak Performance

The flip side of self-esteem is called “self-efficacy.” This is defined as how effective you feel you are at doing or accomplishing a task or job. When you feel that you are really good at something, you experience positive feelings of self-efficacy.

One of the greatest discoveries in psychology was the discovery of the connection between self-esteem and self-efficacy. Now we know that the more you like yourself, the better you do at almost anything you attempt. And the better you do at something, the more you like yourself.

Each feeds on and reinforces the other. This finding is what makes time management so important for every part of your life. The better you use your time, the more you get done and the higher is your sense of self-efficacy. As a result, you like yourself more, do even higher quality work, and get even more done. Your whole life improves.

Three Self-Esteem Builders

There are three additional factors that affect your self-esteem that have to do with time management.

1. Determine Your Values

Living your life consistent with your deepest values is essential for you to enjoy high self-esteem. People who are clear about what they believe in and value, and who refuse to compromise their values like and respect themselves far more than people who are unclear about what is really important to them.

This immediately brings up the question, “How much do you value your life?” People who truly value their lives are people who highly value themselves. People who value themselves highly use their time well. They know that their time is their life.

The “Law of Reversibility,” says that feelings and actions interact on each other. If you feel a certain way, you will act in a manner consistent you’re your feeling. However, the reverse is also true.

If you act in a certain way, your actions will create within you the feelings that are consistent with them. This means that when you act as if your time was extremely valuable, the action causes you to feel like a more valuable and important person. By managing your time well, you actually increase your self-esteem, and by extension, you become better at whatever you are doing.

The very act of living your life consistent with your values, and using your time effectively and well, improves your self-image, builds your self-esteem and self-confidence, and increases your self-respect.

2. Strive for Mastery
The second factor that affects your self-esteem is your sense of being in control of your life and work, your feeling of mastery in whatever you do. Everything that you learn about time management, and then apply in your work, causes you to feel more in control of yourself and your life. As a result, you feel more effective and efficient. You feel more productive and powerful. Every increase in your feeling of effectiveness and productivity increases your self-esteem and improves your sense of personal well-being.

3. Know What You Want
The third factor that directly affects your self-esteem is your current goals and objectives, and the activities that you take to achieve those goals. The more your goals and your activities are congruent with your values, the better you feel. When you are working at something that you believe in, and which is consistent with your natural talents and abilities, you like yourself more, and you do your work better.

from bogor with love, Tiest

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