

SELF-CONFIDENCE VS. SELF-ESTEEM

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The word **esteem** comes from the word **estimate** which means to grade yourself on a standard. **Self-esteem** means to evaluate your own value and contribution in your professional and personal life.

If you think that you are important to the people around you, are contributing to the development of your surroundings, and are a valuable asset in other people's lives, then you could say that you have a high self-esteem.

In other words, a person with high self-esteem thinks that he is worthy of the world he is in and understands his significance. While self-esteem is dependent of the perception of self, self-confidence is completely different.



Self-confidence, on the other hand, is related to action and is more domain-specific. It's not an absolute observation as self-esteem, in the way that self-esteem is thinking of your worth in relation to the world. On the contrary, self-confidence is your positive self-assessment in performing a task.

A person who is confident of his abilities in one task might not be so when given another one. Hence, self-confidence depends on the task given to perform and on your own ability to do an action.