

# SELF-ESTEEM TUTORIAL

[http://www.tutorialspoint.com/self\\_esteem/index.htm](http://www.tutorialspoint.com/self_esteem/index.htm)

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Self-esteem is the measure of a person's own worth. It is a self-evaluation of the attitude a person has towards himself. Self-esteem encompasses beliefs, evaluations, judgments, and varied emotions.

## AUDIENCE

This tutorial is designed primarily for young adults and professionals who work in demanding schedules and feel the need to analyze their thoughts to gain confidence.

## PREREQUISITES

Before proceeding with this tutorial, you are expected to be honest and willing to recall past incidents, to look at them objectively and learn from simulation.