

SELF-ESTEEM TUTORIAL

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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.