

TRUSTING MYSELF
The Basis of Self-Confidence
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Basic Sources of Self-Esteem

1. Appearance: What you see when you look in the mirror.

2. Acceptance: What others say about you – good or bad.

3. Ability: Your talents, skills, intelligence or natural gifts.

4. Accumulation: Your possessions, wealth, material inheritance.

5. Announcement: What God has revealed about your worth.

All of the above are used daily by people we know. Which of these is the basis of your own source of self-esteem? How do you evaluate the worth of others?

Which one is the primary basis for determining the self-worth of your society?