

14 CHARACTERISTICS OF A PERSON WITH HIGH SELF-ESTEEM ARE:

1. **Respect** - for self and others. Reverence for all life or life forms (animals, birds, and insects). Ability to hold in high regard the wisdom of elders' advanced knowledge, achievements, and accomplishments, and to let them serve as a guideline for self. Wisdom, the ability to profit from the life experiences, and mistakes of others.
2. **Loving** - Congenial, cooperative, compliant, teachable. To be in control of one's mood and temper, cordial, agreeable, polite, kind.
3. **Dependable** - Reliable, to show up on time. Do what you say.
4. **Honest** - To not steal or take what is not yours. To hold sacred what belongs to others as their property.
5. **Commitment** - keep your word or follow through on what you say. Ability to commit, and honor your obligation.
6. **Truth** - Tell the truth despite consequences to self. To self reveal one's faults or flaws in spite of embarrassment.
7. **Self-Appreciation** - Self-acceptance, know and except one's strengths/weakness, use of boundaries to support one value, self acknowledgment, be one's own best friend, to like oneself. Ability to receive and give compliments.
8. **Integrity** - Have a sense of right and wrong, respects the rights and property of others, does what is right for self and others. Think as highly of others as oneself.
9. **Self-Worth** - Positive self-regard with a set of values and belief to guide one's actions and behavior. To see yourself and others a child of God; does not seek to be like others, or compare self with others? Feel valuable or worthwhile, ability to turn one's weaknesses into strengths.
10. **Responsible** - Self-Reliance, industrious, Look for ways to improve oneself and one's life; ability to take care of and provide for one's livelihood.
11. **Trustworthy** -Trusted to be accountable, complete what you start, able to follow directions, your actions match your words.
12. **Consistent** - Their behavior and attitude is the same all the time. Few surprises in their behavior
13. **Self-Confidence** - Courage, ability to take risks and be uncomfortable, ability to cope with adversity, disappointment, failure, and discouragement, without giving up on oneself.
14. **Positive Attitude** - have a "yes, I can" attitude. They believe in the goodness of all people without cynicism or arrogance. Ability to cope with rejection, failure and disappointment.