

Unit 1: Autonomy, self-knowledge and problem solving

1. Self-esteem and confidence

1.1 What is self-esteem?

Self-esteem is a personal, inner, quality, inherent to the human being. Nobody else can give us self-esteem. They can help us to strengthen or injure it, but it will always be ours.

Self-esteem consists of:

- The opinion I have about myself.
- The values that I believe I can pass on to others.
- What I think I am and can do.

Basically, having self-esteem is having self-love and being positive, having confidence in oneself and knowing our contribution to the world around us.

1.2 How to increase my self-esteem

Success in life, happiness, and personal and work achievements have one common thread: adequate self-esteem.

Traditionally, self-esteem has been confused with arrogance or lack of modesty, although they are quite different aspects. Having self-esteem means loving yourself for what you are and do, being realistic.

So, if adequate self-esteem is the way to happiness, how do you make it grow?

- We should know how to live without waiting for the approval of others, without the anxiety of knowing what the people around think of us.
- We should always surround ourselves with positive people and flee from negative people who make us feel bad.
- Believe in ourselves and recognize all the achievements we have achieved so far.
- We should do many things every day.
- Write what good life gives us and what we are grateful for.

1.3 Strengths and weaknesses

An adequate level of self-esteem is one that allows us to identify and value our strengths and also our weaknesses, thus we will succeed in accepting them and we can extract the maximum performance from them.

Knowing our weaknesses will help us:

- Define our goals.
- Find people who can collaborate with us and whom we can learn from.
- Accept our failures as part of life learning.

Tasks:

1. In a conceptual map or a diagram, identify your personal strengths and weaknesses in the following areas:

a) Family.

b) School.

c) Social life.

2. Given the above activity, how would you try to solve the following situations?

a) A family argument in which you are a witness.

b) Three exams the same week, two on the same day.

c) Planning a trip with friends.

2. Motivation

2.1 What is motivation?

A person is motivated when he is encouraged to do something. When we do things that we like, we almost always do well and this is because we pay all the attention and put dedication into that task.

That is why companies look for motivated people to create their staff, from the board of directors to the operational base. Because they know that a motivated staff will attract customers, increase sales and keep them loyal to the company.

On a personal level, "doing things eagerly" will lead to success and minimize the number of failures. It will help us, therefore, to generate confidence and self-confidence in performing any task with motivation.

2.2 Motivation and needs

A need is a feeling that something is missing together with the desire to achieve it. Needs move people and guide their actions. All of us, to a greater or lesser extent, experience them.

There is a relationship between needs and motivation, as stated by some authors such as Maslow. Thus, he builds a pyramid of needs and says that people will be motivated if they seek to satisfy a need but will stop being so if that need is already satisfied.

2.3 How to motivate ourselves

What differentiates successful people from others who are not? Let's think of athletes, businessmen, students, workers, people that are close to us, and the first response we will have is motivation, desire to do things well. But, how do they do it? Motivated people:

- **Are constant and persevering.** They know that achievements are not only achieved with sudden impulses but with daily routines.
- **Visualize and represent their goals.** They are able to visualize the goal behind the path they want to go. That helps them cheer up.
- **Are active and spend time thinking about their tasks,** planning them in detail.

To sum up, the easiest way to motivate yourself to perform a task (study, work, play, undertake) is to live it constantly.

Task

