

Self-Regard

Self-regard is the ability to see and appreciate your positive characteristics as well as accept your limitations. People with positive self-regard are able to acknowledge when they have made a mistake or do not know an answer and still maintain positive emotions about themselves.

1. **Love yourself, warts and all.** It is important to know what areas you want to grow and improve, but dwelling on them does not allow you to enjoy and be comfortable with who you are. Acknowledge the areas you want to grow, accept them and continue to love yourself as you work towards being the person you want to be.
2. **Avoid comparing.** If you get your value by comparing yourself to others, there will be many days where you feel down. There is always someone that is going to get higher grades, that socializes better or that is more attractive. If you find your worth in your character, not from comparison to others, your self-regard does not have to fluctuate from day to day.
3. **Be ok with not knowing it all.** No one is expected to know everything about a certain topic. Even the most researched individuals are continually upgrading their knowledge, because information is always changing and moving. Be realistic with yourself.
4. **Be ok with being human.** Everyone makes mistakes. It is a fundamental human condition. Use mistakes as a learning opportunity.
5. **Ask yourself the following questions:**
 - What are your greatest strengths?
 - What are your greatest weaknesses?
 - What do you consider your single greatest strength?
 - How has this strength helped you in life?
 - How would you improve this strength even more?
 - How could you use it to achieve more of your goals?
 - What do you consider your biggest weakness?
 - How has this weakness hurt you in the past?
 - Have you tried to do anything about it? What were the results?
 - How would improving yourself in this area help you?
 - How could you begin to effect change in this area?
6. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.

