

Personal Development Session Three

Self-Esteem

- How would you define self-esteem?
- What is the relationship between self-esteem and happiness?

Holy Qur'an

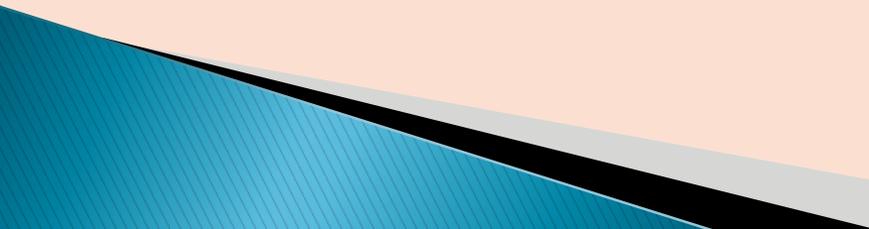
O You who believe! Take care of your own selves; he who errs cannot hurt you when you are on the right path. (5:105)

And be not like those who forgot Allah, so He made them forget their own selves; these it is who are the transgressors. (59:19)

Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities.

It is characterised by personal attributes such as **assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity.**

A.L.I. online course: Parenting Challenges Facing Muslims Today



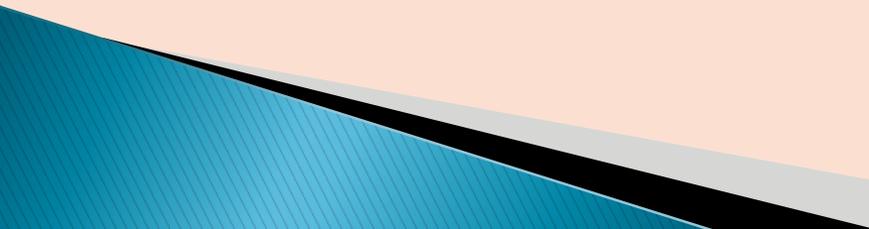
Authentic Self-esteem

Based on:

- ▶ Appreciation of the self
 - ▶ Self knowledge
 - ▶ Reflection on life
 - ▶ Goal in life
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Loss of Self-esteem

Through:

- ▶ Lack of awareness of God, the self, life . . .
 - ▶ Comparing/Conforming to others
 - ▶ Need for popularity
 - ▶ Memories of the past
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Appreciation of the self

- ▶ Representative of Allah – 2:30
- ▶ Dignified by Allah – 17:70
- ▶ Responsibility in the world – 33:72
- ▶ Capable of great things – 2:31
- ▶ Potential to change – 55:29
- ▶ Loves to do good – 49:7

Representative of Allah

وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي جَاعِلٌ فِي الْأَرْضِ خَلِيفَةً

And when your Lord said to the angels, I am going to
place in the earth a khalifa

Sura Baqarah, 2:30

Dignified by Allah

وَلَقَدْ كَرَّمْنَا بَنِي آدَمَ وَحَمَلْنَاهُمْ فِي الْبَرِّ وَالْبَحْرِ
وَرَزَقْنَاهُمْ مِنَ الطَّيِّبَاتِ وَفَضَّلْنَاهُمْ عَلَى كَثِيرٍ مِمَّنْ خَلَقْنَا
تَفْضِيلًا

And surely We have honored the children of Adam, and We carry them in the land and the sea, and We have given them of the good things, and We have made them to excel over most of those whom We have created.

Sura Israa, 17:70

Responsibility in this world

إِنَّا عَرَضْنَا الْأَمَانَةَ عَلَى السَّمَاوَاتِ وَالْأَرْضِ وَالْجِبَالِ
فَأَبَيْنَ أَنْ يَحْمِلْنَهَا وَأَشْفَقْنَ مِنْهَا وَحَمَلَهَا الْإِنْسَانُ ۗ

Surely We offered the Trust to the Heavens and the Earth and the Mountains; but they refused to undertake it and feared it but man undertook it.

Sura Ahzab, 33:72

Capable of great things

وَعَلَّمَ آدَمَ الْأَسْمَاءَ كُلَّهَا ثُمَّ عَرَضَهُمْ عَلَى الْمَلَائِكَةِ فَقَالَ
أَنْبِئُونِي بِأَسْمَاءِ هَؤُلَاءِ إِنْ كُنْتُمْ صَادِقِينَ

And He taught Adam all the names, then presented them to the angels; then He said: Tell me the names of those if you are right.

Sura Baqarah, 2:31

Potential for Change

كُلَّ يَوْمٍ هُوَ فِي شَأْنٍ

every moment He is in a state (of glory).

Sura Rahman, 55:29

Loves to do good

وَلَكِنَّ اللَّهَ حَبَّبَ إِلَيْكُمُ الْإِيمَانَ وَزَيَّنَهُ فِي قُلُوبِكُمْ وَكَرَّهَ
إِلَيْكُمُ الْكُفْرَ وَالْفُسُوقَ وَالْعِصْيَانَ ۗ أُولَٰئِكَ هُمُ
الرَّاشِدُونَ

but Allah has endeared the faith to you and has made it seemly in your hearts, and He has made hateful to you unbelief and transgression and disobedience; these it is that are the followers of a right way.

Sura Hujurat, 49:7

يَا أَيُّهَا الْإِنْسَانُ مَا غَرَّبَكَ بِرَبِّكَ الْكَرِيمِ

O man ! what has beguiled you from your Lord
the Gracious one?

Sura Infitar, 82:6