

TRANSFORMATION OF INDIVIDUALS THROUGH HIGHER SELF ESTEEM

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Abstract. The ultimate goal for an individual should be acquiring a higher degree of healthy self esteem. It is not synonymous with gaining a position of high respect in one's social circle; but it is a reflection of the value one possesses for his or her own self in own eyes. The Article highlights the importance of developing a healthy self esteem for one's transformation; distinguishes between the characteristics of people with higher and lowers self esteem; steps to attain higher self esteem and indicates its effects on their relationships and performance.

Keywords: *Self esteem, self awareness, spirituality, transformation.*

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Received: 17 June 2025;

Accepted: 22 July 2025;

Published: 9 October 2025.

1. Introduction

Usually, we find people craving for a higher status and recognition in society. At times, they may not even hesitate in taking actions that are not in line with the local laws or moral values or social customs to have political or financial gains. It is to be remembered that the social respect that we obtain due to our position or wealth is for a limited duration. It keeps shifting from one person to another based on who is in power at that stage. Also, when the selfish interests of followers get served, they tend to withdraw their attention and admiration.

So, the real value lies in the respect that we give to our own selves for our character and deeds. This is the ultimate stage of a person's accomplishments which we term as 'Self Esteem'.

2. Defining Self Esteem

"High self-esteem is best understood as the integrated sum of self-confidence and self-respect".

Self Esteem can be defined as:

- ☐ The value we place on ourselves.
- ☐ Own assessment of our worth as a capable, likeable human being.
- ☐ Capacity to define who you are, judging yourself and then deciding the extent to which you like yourself.

Self Esteem is not to be confused with Self Respect which we normally try to protect our reputation and dignity in relation to external circumstances or in competition with other persons.

“Self Love doesn’t mean selfishness or self-centredness. When one has self-love, he has a feeling of dignity, of belonging, of worthiness, a feeling of adequacy - yet with a sense of humility” - Dr. Felix.

3. Characteristics of Persons with High Self Esteem

- They accept themselves unconditionally as they are, even with imperfections.
- They are compassionate and forgiving to self.
- They are in control of their emotions.
- They have tolerance and respect towards others.
- They set realistic goals and expectations.
- They have a positive view about life and are optimistic.
- They do not need others’ approval to feel worthwhile.
- They are flexible, reasonable, adaptable and responsible in their relationships.
- They believe others’ too have rights to have their own views.
- They don’t feel low with failures or proud with success.
- They value their uniqueness as individuals.
- They accept themselves unconditionally as they are, even with imperfections.
- They are compassionate and forgiving to Self.
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- They value their uniqueness as individuals.

4. Characteristics of People with Low Self Esteem

- ☐ They think very low of themselves.
- ☐ They usually keep criticizing anything & everything.
- ☐ They love to tear down others to get a feeling of superiority.
- ☐ They are usually self-centred and do not have an open mind.
- ☐ They are highly jealous of others by nature.
- ☐ They think very low of themselves.
- ☐ They usually keep criticizing anything & everything.
- ☐ They love to tear down others to get a feeling of superiority.
- ☐ They are usually self-centred and do not have an open mind.

5. Steps to Enhance Self Esteem

- ☐ Develop a selfless helping attitude.
- ☐ Have an honest self-concept.
- ☐ Develop a realistic self-ideal.
- ☐ Work for a positive public image.
- ☐ Develop a positive attitude towards life & self.

- ☐ Set ambitious but realistic goals.
- ☐ Each day, take at least one small step towards realization of your goals.
- ☐ Have a proper time management.
- ☐ Keep adding to your knowledge & skills in diverse areas of interest every day.
- ☐ Go for multi-skilling & relearning.
- ☐ Keep adding to your bank account of relationships.
- ☐ Don't hesitate in presenting your uniqueness to the world.
- ☐ Have faith and patience.
- ☐ Develop emotional control.

6. Levels of Self-Esteem & Personality Traits

Basic characteristics of one's personality also get impacted by his level of self esteem. Let's learn about this aspect by linking it to the Four Life Positions as given by the author Thomas A. Harris in his classic book, 'I'm OK, You're OK' in 1967.

According to the levels of Self Esteem:

a) Low Self-Esteem:

People with a low level of self-esteem suffer from acute Inferiority Complex and belong to the first Life Position:

I'm Not OK - You're OK.

b) Very Low Self-Esteem:

Such people usually suffer from Captious Complex and feel:

I'm Not OK - You're Not OK.

c) Very High Self-Esteem:

Such people have a very high Superiority Complex and try to dominate over others.

They belong to the Life Position:

I'm OK - You're Not OK.

d) Balanced Self-Esteem:

It is important to have a balanced self-esteem with an attitude:

I'm OK - You're OK.

7. Conclusion

There is a famous couplet in Urdu on this aspect, as below:

“Gir Jaye Himala Se, Koi Gham Nahin,
Gir Jaye Na Insaan Kabhi, Apni Hi Nazar Se!”.

Meaning, “Even if someone falls from the peak of Himalayas, it is of not as much concern as the one who falls from grace in his own eyes!”.

This implies the importance of being honest & righteous in thoughts, words and deeds so as to always possess an enhanced self esteem, with no compromise on values and ethics.

An enhanced self esteem is the ultimate symbol of a spiritual transformation of individual. Let's educate our people the need, importance and means for enhanced self esteem.

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