

Self Worth/Esteem according to the Personal development or Wisdom Model

Personal development and wisdom are words we need to define clearly. It is not just a collection of intellect. Neither is it trying to control our universe.

Real personal development or wisdom is a correct understanding of reality. It refers to a set of understandings that neutralise psychological stress. It's an understanding that the purpose of all life events, whether we perceive them as good or bad, are giving one the opportunity to look at their current belief systems. A lot of society is conditioned in the thinking that self esteem is gained in the achievement of such feelings and possessions i.e.

- feeling good about themselves
- having more confidence
- being perceived as a good person
- achieving all one's goals

Even though it's splendid to have these as separate goals, one must realise that even if one does or doesn't complete these, then the outcome has nothing to do with real self worth/esteem.

Self worth/self esteem in relation to the personal development model is when we understand that our true value can never be jeopardized. It's an understanding that we are all part of a system whether we are aware of it or not and a realisation of the following:

1. We are automatically impacting and being impacted by each other through our actions, words and observations. Through this we are playing a part in each others personal development in one way or another. Understanding we are constantly being influenced and are influencing others; this is the enviable process of how each one of us learns.
2. It does not matter at what stage of development one is. They too are contributing to the system in reflecting what they still have to learn and understand.
3. We all feel at our best when we are "doing our best". This again is automatic, as the system is designed only to allow us to do our best. This of course always has limits based on the current beliefs & knowledge of such wisdom that we hold.

This is the real evidence of self worth/self esteem and as long as we are living we are always contributing, and always doing our best.

Through this we start to understand the real purpose of life which is not the achievement of goals but that each and every one of us is here to learn in the system of life.

We further appreciate that we are always doing our best and can do no more at any point, unless we gain more wisdom, which again is not under our control.

For example when we are experiencing an unwanted situation or in a severe case of physiological stress, we are viewing the event occurring that it is in one way or another interfering or jeopardising the development of a person's life i.e. their self esteem/worth.

The reverse side of this situation is a person's physiological stress subsides and even disappears when they recognise and understand the following:

- a) The person recognises the valuable purpose of the event which is happening to play a part in their development and that no event or situation can interfere or jeopardise a person's life path or self worth

- b) A person's real self worth is not measurable by achievements or how they feel they are judged by society, but by automatically contributing to the system, evidenced by their existence.

Once one accepts we don't already have all the answers, and it is learning through these events and other people, that piece by piece they add up to a greater understanding of what personal development/wisdom is. These then become tools to be called upon in times of stress and confusion to work through issues and then to teach and help those around you.