



Self-Regard

An Emotional Intelligence Component

Self-regard and self-confidence are often considered the same but they are very different. Self-regard is your inward, emotional and cognitive assessment of your self “worth” and how you value yourself which impacts how you think, feel, and act.

If you have too much self-regard you may be labeled as an egomaniac, too little self-regard and you may be victimized. When you don’t value yourself this can lead to negative behaviors such as needing to please others, always submitting to others, or even allowing yourself to be abused.

Self-confidence is related to your outward abilities and achievements. While you can continue to achieve things in life this does not necessarily correlate to increasing your self-regard. Many people that have achieved much still feel unworthy, imperfect, unloved, and not good enough.

As with every emotional intelligence component, there is a balance. But some level self-regard is required to achieve other EI components like self-actualization and happiness. And when you have a healthy level of self-regard you will tend to also be confident.

In your quest to work with “excellence in everything you do” self-regard is essential. If you constantly feel inadequate you will withhold the unique talents and creativity that you have. Ultimately, you, and those around you, will miss out!

Things to do: Keep in mind that it is miraculous that you are here and you are here for a purpose. Stop comparing yourself to others. Ask yourself where you’re holding back due to a feeling of inadequacy. Look for ways to share your talents and skills with others. Then, be brave, step out and see what results you get. We need your ideas and talents!