

Improve Your Life With Self-Acceptance vs Self-Esteem | Dad University

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SUMMARY

Self-acceptance is a crucial concept that differs from self-esteem, focusing on recognizing and embracing both strengths and weaknesses without the need for constant validation. In this video, Jason Kreitman discusses how fostering self-acceptance can lead to a more fulfilling life and positively impact those around us.

- *Self-esteem is about confidence and feeling valuable, while self-acceptance involves recognizing and accepting both strengths and weaknesses.*
- *Encouraging self-acceptance in children helps them embrace their true selves rather than striving for an ideal.*
- *Key strategies for enhancing self-acceptance include practicing gratitude, celebrating personal strengths, and helping others.*
- *It's important not to take criticism personally, as others' judgments often reflect their own issues.*
- *Lowering expectations can lead to greater self-acceptance and happiness, as unrealistic goals can hinder personal satisfaction.*
- *Surrounding oneself with positive, supportive people is essential for fostering a healthy self-acceptance mindset.*

why can't I be more like him I can't believe how stupid I am sometimes I will never be good enough for her I don't deserve to be happy if you have felt or said any of these things to yourself you might want to pay attention in today's video we are learning about self-acceptance exactly what is it how does it differ from self-esteem and how do we get more of it in our life hey

guys I'm Jason Kreitman and this is Dad University we release a new episode every Thursday so be sure to like this video subscribe to the channel and click on that notifications bell so you don't miss any of our helpful tips on fathering most people are familiar with the term self-esteem self-esteem is about self confidence or considering yourself valuable or even feeling really good about oneself but what happens if

you don't possess that self-confidence or feel good about yourself well then you are said to have low self-esteem which is considered bad people spend a lot of time and money trying to figure out how to increase their self-esteem what if we ignore self-esteem and instead focus on self-acceptance self-acceptance allows you to be aware of both your strengths and your weaknesses and they're both ok

self-acceptance allows you to not have to wish that you were different than you actually are imagine if we could pass this concept on to our kids if they could accept who they are now instead of who they think they should be they could accept their imperfections and their mistakes so how do we get more self-acceptance in our lives well

I've got a few suggestions that have really helped me number practice gratitude when you are grateful

for the things that you have it forces you to focus on the positive things in your life and the more you practice gratitude you will ignore those negative things in your life number two celebrate your strengths think about the things that you are good at and focus on them do them more spend less time on the things that you are not good at number three help others when we help others there's actually a chemical

reaction in the body that makes us feel good so it helps us both emotionally and physically when we help other people it also works the other way around when we are self accepting it can make other people happy number four don't take things personally realize that when somebody judges you they are the one with the problem or when somebody is mean to you they're the one with the anger problem it's not your issue don't take it personally number five

lower your expectations it's okay to have goals but when your expectations are too high you'll never meet them and you'll never accept yourself if you require yourself to meet your expectations in order to be happy it's a losing proposition try to reduce or eliminate your expectations and finally number six surround yourself with positive people take inventory of those closest to you are there people in your

life that are just always negative are there people that are just not supportive of you as hard as it might be you got to get them out and if that's impossible consider spending less time with them try these tips and you'll be on your way to greater self-acceptance if you enjoyed this episode please give it a thumbs up subscribe to the channel click on that notifications bell and share this video on social media we want to hear from you what have you done to

be more self accepting of yourself leave your feedback in the comment section below we thank you for watching and we'll see you next week [Music]