Self-Esteem

Read the article and answer the questions. <https://www.verywellmind.com/what-is-self-esteem-2795868>

1. Define self-esteem.
2. Why is self-esteem important?
3. Describe self-actualization from Maslow’s hierarchy of needs.
4. What factors can influence self-esteem?
5. List 5 signs of healthy self-esteem.
6. List 5 signs of low self-esteem.