

# Is self-compassion more important than self-esteem

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Just like virtues have a positive impact on human character, vices have a negative impact. The impact of such vices as lack of punctuality reflects in the poor academic and professional performance of an individual. We are morally obliged to take care of ourselves and love ourselves. Dr Kirstin Neff asserts that self-compassion or self-love comprises three main elements during the times of failure or personal suffering, which are treating oneself with kindness, recognizing the struggles as shared human experiences' part, and being mindfully aware while holding painful feelings and thoughts (Hayes, 2014). We cannot build our career and establish ourselves without having self-love.