

Title:

7 Steps to Achieving Healthy Self-Esteem

Word Count:

594

Summary:

Do you ever see someone who is perpetually happy and wish you could be like them? You CAN ach

Keywords:

self esteem healthy happy like yourself

Article Body:

The happiest people are those who do not judge others, live in kindness and love themselves.

1. IDENTIFY

One is not required to live by ^I have to~ or ^I must~ ~ everything we do is a result of a dec

2. EVALUATE

Who are you? Look at yourself and be honest. Write on a piece of paper the things you like (

3. CONFIRM

Talk to yourself! Still using your list of Pros, begin reinforcing the positive attributes of

4. FORGIVE

Forgive yourself for screw ups! They happen to all of us! We are as imperfect as our bodies!

5. REST

Treat yourself right. Be a friend, a good listener, a giver, not a taker ~ we feel the best a

6. BE THANKFUL

Gratitude will get you everywhere. Give thanks to your creator. Be humble in all you have.

7. ACCEPTANCE

Do not accept your fate dictated by others. Accept only the fate you give yourself. Through

Know yourself. Like yourself. Live your life like everyone is only in their underwear!

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