

Title:

A Better You: Your 7 days program to self-improvement

Word Count:

704

Summary:

"A Better You" Your 7 days program to self-improvement

Keywords:

self-improvement, purpose, value, need, passion

Article Body:

I seem to lost count on how many times I've read and heard of celebrity marriages failing almost

There are many ways to lose your sense of self-esteem despite of how trivial it could get. But

So what does it take to be a cut above the rest? Here are some of the things you can think and

1. Know your purpose

Are you wandering through life with little direction - hoping that you'll find happiness, heal

This may seem tricky at first when you see yourself to be in a tight or even dead end. But the

2. Know your values

What do you value most? Make a list of your top 5 values. Some examples are security, freedom,

The number shouldn't discourage you, instead it should motivate you to do more than you can ev

3. Know your needs

Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need

4. Know your passions

You know who you are and what you truly enjoy in life. Obstacles like doubt and lack of enthus

5. Live from the inside out

Increase your awareness of your inner wisdom by regularly reflecting in silence. Commune with

6. Honor your strengths

What are your positive traits? What special talents do you have? List three - if you get stuck

7. Serve others

When you live authentically, you may find that you develop an interconnected sense of being. W

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Self-improvement is indeed one type of work that is worth it. It shouldn't always be within th

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