

Title:
Having Confidence

Word Count:
353

Summary:

No one wants a date with someone with low self esteem and a negative self image. Try to makeov
Make a list addressing all the things you are not comfortable with about yourself. Be honest.
Address the way you look an...

Keywords:

Article Body:

No one wants a date with someone with low self esteem and a negative self image. Try to makeov
Make a list addressing all the things you are not comfortable with about yourself. Be honest.
Address the way you look and dress. By changing the basic aspects of your looks, lifestyle and
There are a few changes that can be made in your daily life. Make sure you are in shape or att
Start dating if someone has asked you out, accept. If not, be proactive and ask someone out yo
Remember to stay away from people that bring you down or criticize you. Whether a friend or a

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