

Title:

How Is Your Self-Esteem?

Word Count:

555

Summary:

The development of a positive self-concept, or healthy self-esteem, plays a major role in life

Self-esteem is quite simply how we feel about ourselves and our behavior clearly reflects those

A strong positive self-concept allows individuals to open themselves to new opportunities and

Keywords:

inspiration, motivation, self help, success, self improvement, goal, visualization, happiness

Article Body:

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Self-esteem is quite simply how we feel about ourselves and our behavior clearly reflects those

A strong positive self-concept allows individuals to open themselves to new opportunities and

We can often place the blame for low self-esteem on people in our past such as our parents, teachers

In many ways self-esteem is a self-fulfilling prophecy. Those with a positive self-image will

One way to boost your self-concept is through self-talk. Psychologists have found that negative

A second important step is to decide what you can and cannot control. Change and act on the things

Third, set up a competition you can win. This means only compete to improve yourself not to beat

Fourth, become a positive person. When you ponder a decision or change in your life then think

Finally, accept responsibility for yourself. Finding self-confidence requires accepting responsibility

Building your self-esteem is crucial to your success and happiness. If you follow these five steps

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