

Title:

How To Boost Your Self Esteem

Word Count:

1005

Summary:

A low self esteem is one of the leading causes of depression. Working to boost your self esteem

Play To Your Strengths

First it is important to ...

Keywords:

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

Article Body:

A low self esteem is one of the leading causes of depression. Working to boost your self esteem

Play To Your Strengths

First it is important to determine who you are. What nouns can you use to describe yourself (w

Identify what is unique and special about yourself and regularly reaffirm that you are in fact

Lay Down Your Burdens

So often we dwell on our weaknesses and worries until they loom larger than life and begin to

Be True To Yourself

Too often we experience failure because we let others choose our goals for us whether it is so

Become A Positive Person

Think and speak positively. If you hear a compliment or positive statement about someone you k

This also means becoming a more friendly person to those people who are a regular part of your

Take Risks

Learn something new. Start a new hobby, learn a new skill, take a class, read challenging book

Discount the Negative

Too often our negative perceptions of ourselves, whether it is our physical appearance, our fi

Take Small Steps

A small success can bring a big feeling of competence. Small steps lead to more steps. Pat you

Using these seven strategies can help you boost your self esteem and help you lead a happier a

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