

Title:

Improving Self-Esteem With A Little TLC

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872

Summary:

It is so important to take time to do nice things for ourselves. Especially for those of us who

Self-pampering is not about being selfish. It's about taking proper care of yourself and treat

Keywords:

self improvement,self esteem,self care,self pampering,tlc,taking care of self,self worth

Article Body:

It is so important to take time to do nice things for ourselves. Especially for those of us who

Self-pampering is not about being selfish. It's about taking proper care of yourself and treat

We need to make caring for ourselves a priority, otherwise we will continue to put it off. Set

You might have a hard time with this in the beginning. You might feel guilty or selfish. You m

In order to make time for yourself, you may need to say "no" to various extra obligations in y

People will take advantage of us if we let them. They may not realize they are taking advantag

Now, if you have people in your life that have become fully dependent on you doing everything

Be kind and gentle with yourself. If you don't make the time to care for yourself, who else is

Here are some self-pampering ideas to get you started:

Take a bubble bath by candle light. Spend time in Nature. Get a manicure or pedicure. Have a m

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