

Title:

Self-appreciation: The Key To Living A Life Of Joy

Word Count:

664

Summary:

The role of self-appreciation in creating a life of joy is the focus of this article. What it

Keywords:

self-appreciation, joy, uniqueness, affirmations, gratitude, self-love, self-worth, self-acceptance

Article Body:

How do you appreciate yourself? Or do you? Did you learn that being good to yourself was self

Much of what we say and do is called 'constructive criticism.' This means I te

What is Self-appreciation?

Self is defined as the entire person of an individual while appreciation is defined as a judge

Self-appreciation is not about putting others down or thinking yourself better; it is

In the final analysis, as the Dalai Lama states, "The purpose of our lives is to be ha

Practical Steps to Self-appreciation

1. Declare your uniqueness. There will never be another you; another who is exactly like you
2. Look for the things you like about yourself. Write them down and then focus on one thing
3. Forgive yourself. The past is over; know that you were doing the best you could with your
4. Use affirmations to remind yourself of your sacredness. Put them on the fridge, mirrors, w
5. Read books that inspire you. Books such as daily meditations, thoughts for the day, sayin
6. Practice an 'attitude of gratitude.' We have created much to be thankful for, our health,
7. Be true to yourself. Live the life you have envisioned for your self. Don't look to othe

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