

Title:

Seven Steps To Self Discovery - Familyvision Column

Word Count:

714

Summary:

Paula is the most popular girl in high school. Only people who meet the criteria can join her

Keywords:

self help, personal improvement, discovery, advice, peace, happiness

Article Body:

Paula is the most popular girl in high school. Only people who meet the criteria can join her

The Major Question

How are you going to handle another crisis? Do you really understand yourself? If you don't, h

Having the right image is natural and a part of you, unlike performing a role on stage. On sta

The Focus Point

Understanding how you feel about yourself is key to your success. Self-concept is a combinatio

1. How do I really feel about myself?
2. Do you have a vision of who you want to be?
3. Who am I trying to be like in my life?
4. What image am I portraying to my family & friends?
5. How positive is my self-concept?
6. Am I in negative surroundings? If so, can you change?
7. Are you willing to move toward your vision?

The Move Ahead

Your attitude is a good place to start changing your self-concept. Success begins in the mind.

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