

Title:

Ten Tips To Improve Your Self-Esteem

Word Count:

664

Summary:

The best way to improve your life and earn the respect of others is to improve your self-esteem

1. You should surround yourself with people who are positive and supportive, and shun friends

Keywords:

Article Body:

The best way to improve your life and earn the respect of others is to improve your self-esteem

1. You should surround yourself with people who are positive and supportive, and shun friends

2. You should be clear about what you want to achieve in life. Set goals, and work for their a

3. Always be positive about yourself and keep reminding yourself about your good qualities, yo

4. Develop the ability to accept criticism about yourself, without getting upset or defensive.

5. We all need to accept the fact that we will fail from time to time. We should not let it ge

6. Never compare yourself with others. This is the easiest way to feel inferior and lose self-

7. Never put yourself down. Failures are like parasites. If you allow them to grow they will e

8. Don't give in to bullies in your place of work or in your personal life. You must learn to

9. You may be self-conscious and because of this you may avoid talking to groups of people. Tr

10. Self-esteem is also dependent upon the felling of well-being. A lazy person or a poorly gr

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