

Title:

What Does It Mean To ^Self Improve?~

Word Count:

716

Summary:

Self Improvement has become mainstream. In the last few years, since I have been writing articles

But what does it really mean to ^Self Improve?~ What are we really improving when we self improve

We each have two ^selves~ ~ our wounded self and our core Self...

Keywords:

self improvement, self help, personal growth, motivation, emotional healing

Article Body:

Self Improvement has become mainstream. In the last few years, since I have been writing articles

But what does it really mean to ^Self Improve?~ What are we really improving when we self improve

We each have two ^selves~ ~ our wounded self and our core Self. Our core Self is our true self

But when this Self is not seen and valued in the way we needed, we create an alternative self,

The term ^self improvement~ can sometimes be a bit misleading, because we do not want to improve

We want to heal it.

Healing and improving are not the same thing.

We can certainly self-improve when it comes to skills. We can improve in sports, in art, music

Sometimes Self Improvement just means practicing a skill, and others times it means that we need

If you are really trying to self improve but find yourself stuck and unable to progress, or find

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