

Title:

What Have You Got To Lose By Reading One More Self Improvement Article... i.e. This One!

Word Count:

628

Summary:

There are a variety of self improvement articles available nowadays. You may be thinking that

What have you got to lose by reading one more self improvement article?

When you came the 40-year stage in your life, you will suddenly realize many things. You get t

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Keywords:

Article Body:

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You bet it does. The feeling of anxiety that will come next is just normal. Then you will feel

It was your class ceiling. The ^practical~ and fear-based side that had convinced you all along

Here are top ten shifts in perspective that can help you move your life to the next level. Thi

1. Give yourself permission to dream. You probably had no problem dreaming as a kid. What happ

2. Stop looking outside yourself for happiness. Look inside. Increase your self-awareness. Get

3. Cover the basics. Take the time to address your personal needs. How can you focus on thrivi

4. Embrace your past and move on. Shift from ^why it happened~ to what I want to do about it n

5. Remember that you are not alone. It is easy to feel overwhelmed with life. Seek support. Re

6. Remember gratitude. Count your blessings. What is working right in you life? Make a list. S

7. Court your passion. You still have your passions though it has been a while since you may h

8. Take action and take a risk. All the inspiration in the world is not enough to make you mov

9. Keep breathing. You probably forget to take deep full breaths. We have all learned to const

10. Have fun. Call a friend, take a bubble bath, take yourself to an art museum or schedule a

And you thought this was just one of those self improvement articles.

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