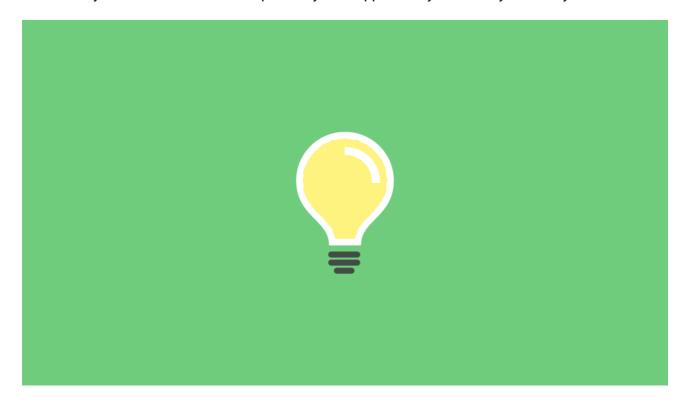
15 Ways to start appreciating yourself Do you wait for others to compliment you or appreciate you before you value yourself?



Quit trying to be someone else
Celebrate your uniqueness
 There has never been anyone like you. there is no one like you and never will there be anyone like you
It is pointless comparing yourself to others
Others do not need to valida te you
Don't depend on things to give you status and recognition
Decide to be joyful irrespective Of circumstances
Quit waiting for perfect conditions to do what you want to do
Write down your successes and celebrate them
 To fail means you did better than the one who did not try at all. and you learnt something
Help someone. Rendering help improves our self-worth and value
Learn to accept compliments
Celebrate your critics. The more the criticisms. the more valuable you are!
Problems gravitate to their solution. Celebrate your challenges
Enjoy your own company If you don't, why should someone else?