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?

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