

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 validate 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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