

Self Improvement - Why It's Important to Improve Upon Yourself

You may notice an attractive woman sitting by herself at a party, casually sipping on a glass of wine. And you think to yourself; how is it that she can look so perfectly calm and confident sitting there. But if you could read her mind, you would probably be amazed at the thoughts running through her head. She may be thinking... "are people noticing that I am sitting here alone?" "Why don't men approach me and talk to me. Don't they find me attractive?" "I don't like my hair today, it is so curly and I like when it is straight." "I wish I was as confident as my girlfriend."

Isn't life funny? We as humans look at others, envy them for appearing to be so out-of-this-world perfect and wish we could trade places with them. All the while, they are looking at us and thinking the very same thing. Most of us lack self-confidence, suffer from low self-esteem, and lose hope in self improvement because we are engrossed in the desperation of quiet self-doubt.

One key to self improvement is to find a trusted friend to LISTEN to and TALK with. Someone whom you can discuss any topic with. Ask your friend constructive questions about yourself, such as, what you feel may be your "social" short-comings. Ask questions like, "do I speak too loud?" "Am I a good listener, or do I cut people off when they are speaking?" "Am I argumentative?" "Do I have bad breath?" These are constructive questions that will help you to know how others perceive you.

Open up your heart and your mind to your friend, and in return, you may find a common ground where both of you will gain character-building constructive criticism that helps you on your journey to self improvement.

It's been said that, "Learning to love yourself is the greatest love of all". And in order to love others, you must love yourself first. You simply can not give what you do not have.

Stop thinking of yourself as "second-rate". Stop comparing yourself to those around you. We all have insecurities. Nobody is perfect.

Stop any negative self-talk that has you believing that your life would be better, if only you were richer, thinner, taller, had better things, better features, better body parts, etc. Accept your true self. That is the first step to self improvement.

Self improvement is not about being perfect or being the best. Life does not have to be perfect for you to enjoy it. When you begin to improve, by loving, and accepting yourself, that is when you will begin to feel the most content and happy.

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