

## Be Positive About Yourself

We all suffer from bouts of negativity in our lives. It is impossible to have high self esteem every single day for the rest of your life, and it is important to realize that. However, there are some people who seem to have low self esteem every single day. They beat themselves up over the smallest mistakes that they make, and they then spend their lives trying to avoid those mistakes.

The trouble is, when you spend your life trying to avoid certain mistakes you keep making the same ones over and over again. Your self esteem suffers from it and you end up completely miserable. So, the best thing to do if you find that you live your life this way, is to start to live a positive life.

### Why Being Positive Works

The mind is an extremely powerful weapon, and by learning to control it, you can easily achieve anything that you want to. Think about it &ndash; when you think negatively about the mistakes that you have made, you are miserable, and you become overly stressed. However, when you start to think positive, you then start to feel like you can do anything, and your mood instantly changes. So, obviously it is a lot better for you if you can start to think positive a little more often.

One thing that many people find really useful is to write down everything they have done well. It could be what you have done well in a year, a month a week or a day, a moment. Go back as long as you like and write down the things that you are proud of. What have you achieved? It can be absolutely anything. The purpose of writing down your achievements, is to make yourself feel better. It really can do you the world of good as it allows you to focus on the positive, and forget about any mistakes you may have made. You cannot change your mistakes, but you can look back on the good things that you have achieved and be proud of them.

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