

Self Esteem vs Self Worth



SELF ESTEEM

Based on external factors, such as accomplishments and successes. Confidence in one's abilities.

VS.

SELF WORTH

One's evaluation of self as a capable human being deserving of consideration and respect. It is an internal sense of being worthy of love.

Tips For Improving Self Worth



Self Compassion

- Self-compassion is the ability to be kind to yourself and accept yourself in spite of your flaws, mistakes and limitations.
- Be cognizant of how you talk to yourself – your “inner critic” can be really mean sometimes.

Positive People

- Focus on who you surround yourself with...
- Surround yourself with people who encourage you instead of tear you down.



Mindset

- Practice a self loving mindset.
- Challenge your negative thoughts. Are they true? We all have them, but remember thoughts are not facts.

Fun Activities

- Participate in activities you are good at and enjoy. This can provide positive reinforcement to remind yourself that you are capable.
- Consider retrying activities you once enjoyed.



Not Worth The Lead

M Lipman



Not Worth The Lead:

Whispering the Strategies of Language: An Mental Quest through **Not Worth The Lead**

In a digitally-driven earth wherever displays reign great and immediate conversation drowns out the subtleties of language, the profound strategies and mental nuances concealed within words often get unheard. However, located within the pages of **Not Worth The Lead** a charming fictional prize blinking with natural feelings, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, this charming opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the emotional depths with this poignant evaluation, we shall embark upon a sincere exploration of the book is core themes, dissect its captivating publishing model, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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