



Learning to Accept Yourself

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You may be surprised at how many people lack the ability to accept themselves for who they are. Many people are able to put on a front so they appear self-confident when they really aren't.

The good news is that, even if you're one of these people, you can learn how to accept yourself. If you're suffering from low self worth and confidence, ***you really do have the ability to turn things around!***

Why It's Important To Accept Yourself

It's important to accept yourself because that one move can mean the difference between a life of happiness and a life of sadness. ***When you accept yourself, you're more likely to accomplish more in your life.***

The reason is the fact that self-acceptance can be seen as a foundation. After you accept yourself, you can continue to build from there and add on: confidence, tranquility, enthusiasm, drive and happiness.

Steps To Acceptance

There are many methods and tips that you'll encounter on your way to acceptance, and you'll soon find your own unique way of getting there.

Try these strategies to help you accept yourself:

- 1. Allow for mistakes.** Sometimes you may try too hard to be perfect, and this in itself is another mistake. Allow yourself to make mistakes because you're a human being. You'll make small mistakes and big mistakes in life, but ***it's how you bounce back from them that'll make all the difference.***

2. **Live in the present.** The reason you haven't accepted yourself could be the fact that you're living your life in the past. Maybe you're unable to forgive yourself for something that has happened or a certain trait that you have. Getting over the past is an important step to build confidence, self-respect, and hope for the future.
3. **Avoid comparing yourself to others.** Others have different skill sets and life experiences, which may make you envious. In these situations, come to terms with the fact that you don't have what they have. However, on the bright side, there are many things that you *do* have that they don't.
 - Each and every person is unique. ***Be grateful for what makes you different from others, as this is part of your own inner beauty!***
4. **Have realistic goals.** If you don't maintain realistic goals, you're setting yourself up for failure. The truth is, you won't even have a chance from the start! So instead, give yourself a reasonable chance to achieve your goals. How can you do this? By setting realistic and manageable goals that you can confidently achieve.
5. **Be comfortable in your own skin.** Sometimes you don't want to accept yourself because of the way you look. Society puts some serious pressure on people that way. Remember that people in magazines are usually unhealthy and airbrushed and you shouldn't strive to look like them. Instead, ***focus on your positive attributes and overall health.***
6. **Think positive thoughts.** One of the most important accomplishments on the journey to accepting yourself is learning to think positively. ***It's easy to forget how much power there is in thought.***
 - If you make an effort to think a certain way, you can actually change your manner of thinking and, therefore, change your actions. Positive thinking leads to positive actions, which lead to feeling good about yourself.

Help From Your Loved Ones

Remember that you can always ask for help from your loved ones. It may help to get some outside perspective on your problems. You tend to be your own worst critic, but you can count on your loved ones for their generous support and love.

Your loved ones have almost certainly accepted you for who you are. You'll be happier once you've come to this same realization as well.

Take these strategies to heart because, once you learn to accept yourself, you'll find the world is a wonderful place and you'll enjoy your place in it!