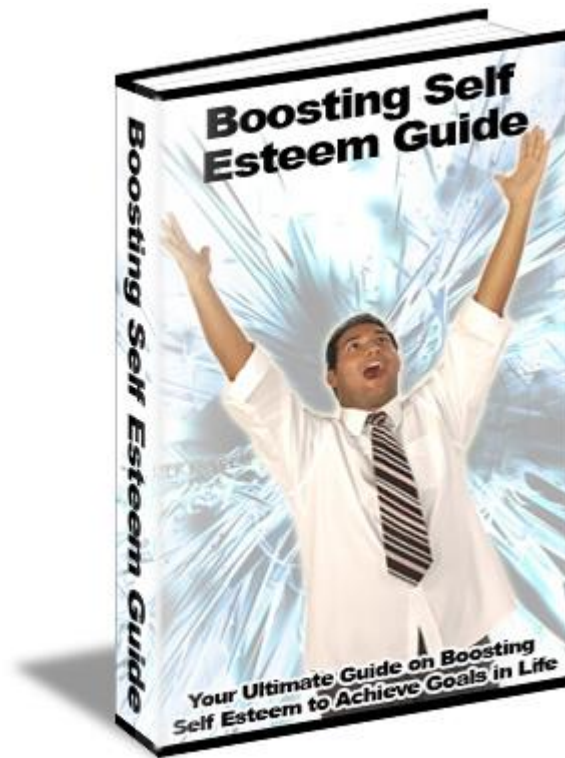




# **Boosting Self Esteem Guide**

**By Halille Azami**

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## **Chapter 1: Be Optimistic for Happier Life**

### **A Positive Outlook for a Positive Life**

Our outlook and attitude on life in general plays a huge part in how happy we are in life and how successful we become. Someone who thinks positively about everything will be more relaxed, calm and smile more than someone who is always looking on the bad side, who lets stress get to them and who constantly wear a frown.

Not only does how you think and feel affect you, it also affects those around you, in short our mood affects our day. Developing and keeping a positive outlook is essential if you wish to lead a positive and fulfilling life.

There are many ways in which you can develop a more positive outlook and begin to change how you think and feel about many situations that you encounter in day-to-day living. Changing your attitude and not slipping back into negative thinking will take time but eventually the new outlook will become second nature. The five main key points to remember when changing your outlook are

1. Turn your way of thinking into positive thinking and practice on a daily basis thinking positively. You should set your mind on completing one task at a time and think only of a positive outcome and how good you will feel when you have completed the task. Never give in to doubt and let yourself believe that you have taken too much on and just keep going.
2. Don't let your conversations turn negative, when in a conversation it is easy to let others discourage you, particularly if they have a negative outlook on life. Don't be tempted to fall back into your old ways, turn negative talk into positive and look for the good in everything and any situation.
3. Look for the positive in those around you and point it out, this way you can encourage a positive attitude all around you.
4. Whatever you are doing in your day-to-day life always look for the good in it, although it might be a boring task which you usually hate doing and one which leaves you feeling negatively, try to find something about it that turns it into a more positive situation.
5. Never let yourself become distracted or hoodwinked into going back to negativity, it takes time to change the way you feel and think and if you have been down on yourself and the world for a long time then your new outlook will take a while to register and stay around.

You will find over time that many areas of your life can be changed just by changing your outlook from a negative one to a more positive. You will find that your self-esteem improves, you become more popular, you feel happier and are more confident than before, you are able to tackle the tasks you once

## Boosting Self Esteem Guide

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