

Appreciation of yourself

Recognize your value!



Man returns money he does not have, on things that he does not need, to impress people he does not like.

This saying, which unfortunately applies to many people of the 21st century, is much older than one would maybe think.

Because Buddha, who has lived about 2500 years ago, is the author of this statement.

As you can see, nothing changed much in the attitude of people since then.

Especially in recent years and decades, many people have luxury goods and status symbols accumulated to impress their environment.

After all - this is a main characteristic of our increasingly insubstantial becoming time - exterior appearances count more than true, inner values.

But, I ask you: Is it really essential to what others think of us? What counts in my opinion, is the inner wealth.

For anyone who is aware of his own value is noticeable, it has no need to impress others. But how to achieve this inner self-worth?

It's simple: By learning, what one does, even to appreciate self worth, to reward.

If you have done something you appreciate this, be proud of yourself. You may be familiar with the phrase "self-praise" but this is simply wrong.

Rather, it increases self-esteem, if you what you are doing makes, also appreciates accordingly. Therefore:

Knock approvingly on the shoulder when you manage something.

This will help you a lot more than to praise, affirmation and recognition to wait on the other.

Therefore solving it by yourself to differ depending on the recognition and confirmation, you will be regardless of where you get to even worth appreciating.

An excellent way to support this development is to often to reward yourself when you have achieved something.
Have fun with it!

