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140 - MARQUEZ ORTIZ

Don't put pressure on yourself to change overnight, and be compassionate with yourself. Trust that if you set the goal of being more real, via the dropping of your habitual masks, you will be able ...

What does it mean to be yourself? Being yourself means being the most authentic version of who you are. It's the version of yourself you feel free to embrace when no one else is around. It's the version of yourself in which you feel safe and comfortable in your own skin. No masks or pretenses. No personas or facades. Just you, at your core.

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Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it. — Bruce Lee . Be yourself. Be true to that, to your heart. Patience. See what happens if you step back instead of bounding forward. — Nora Roberts . Best be yourself, imperial, plain, and true. — Robert Browning

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social anxiety and brought so many feels. If like me, you're a socially anxious introvert I highly recommend giving the book a concentrated read. If this is not you, but you have close relations with anyone with social anxiety, this book will provide you with a better

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Be responsible for yourself and for boosting your self-esteem. If others aren't telling you you're great, don't let it get to you. Instead, tell yourself you're special, wonderful, and worthwhile. When you believe these things about yourself, others will recognize that glow of self-confidence and begin confirming your self-affirmations in no time!

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If you're surrounding yourself with harmful and toxic people, then you won't be able to be your true self. You'll be nervous about revealing your negative traits because you know they'll gossip and tease you. We're all influenced by who we spend our time with. If they're harmful and toxic, then over time they'll make your personality more negative and toxic. Choose to spend time ...

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"Be yourself; everyone else is already taken." — Oscar Wilde. The real you is the person you are when nobody is watching. But when other people enter the picture, things can change. You can change. How To Not Be Yourself In Three Easy Steps. You see a person or a group of people. You analyze their personality, preferences, and relationship to you. You change based on how you wish to be ...

How To Always Be Yourself - Pick the Brain | Motivation ...

Forgive yourself for being rude to your superiors, your friends, your parents, or your siblings. Don't think negative thoughts about yourself for taking wrong steps or making wrong decisions. This kind of thinking puts your focus on the problem and not the solution. It's better to say good things about yourself than to say negative things. Always saying posi-

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Why You Need to Let Yourself Be Yourself | Psychology Today

Allow yourself to sit quietly every morning before starting your day for just five to ten minutes. Yes, thoughts will come and go, but just allow them to do that without getting attached to them. Just observe them. When you are finished, continue observing the mind throughout your day. We have so many unconscious beliefs that we have taken on over the years that were probably handed down to us ...

What It Means to Just Be Yourself and 3 Ways to Do It

10. Lift Yourself Up. When you fail, make a mistake, or do something wrong, you have two choices. You can tear yourself down, or you can lift yourself up. People who are kind to themselves choose the latter. Tell yourself it's going to be OK. Give yourself a morale boost by reminding yourself of your past successes. Then, come up with a plan ...

17 Ways to Be Kind to Yourself

Enjoy yourself. Doing things that you enjoy is good for your emotional wellbeing. Simple activities like watching sports with a friend, having a soak in the bath or meeting up with friends for coffee can all improve your day. Doing something you're good at, such as cooking or dancing, is a good way to enjoy yourself and have a sense of achievement.

How to be happier - NHS

Essentially, learning how to be yourself is the process of dropping this fake persona, replacing it with your genuine person, and becoming comfortable with expressing it. Now, I'm going to teach you a 3-step process for being yourself, which has been used successfully by my coaching clients. If you want a more thorough understanding of this process, check out this free video guide. 1. Get In ...

How to Be Yourself - People Skills Decoded

Knowing yourself, and then, Choosing to be yourself. Knowing yourself revolves around building a deeper understanding of our tendencies to hide behind various masks and being willing to examine them. As long as there is friction in our relationships and a sense of incompleteness or dissatisfaction in our hearts, we need to remain open to examining our selves and our inner belief systems. A ...

How to Be Yourself - Think Simple Now

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you from misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees ...

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Give yourself the permission to be unconventional and try new things. Don't let other people's opinions tie you down – only you can ultimately discover what your ultimate life path is. Only you can listen to the call of your soul. So dare to dream a little. Spread your wings and take the plunge. Yes, you will probably make “mistakes.” But each mistake you make helps you to learn and ...

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