

## Appreciate Who You Are

It's such a simple concept to accept who you are and appreciate it. When you do that, you will find others will appreciate you as well. It doesn't cost anything, and it is the right thing to do. You are unique, and everyone should celebrate that.

When you are grateful for who you are, you can be grateful for other aspects of your life. These are the aspects that others take for granted, i.e., their health, their family, and their friends. When you are grateful, you will attract others. By contrast, people who are not grateful often repel others away, except for the few who choose to be negative as well.

You know life is short. During the little time you have, why not appreciate what you have? Your family loves you, and you have great friends. Your job is going well. You may wish you were making more money. But, that is something you can make happen if you want to or need it. Don't get too fanatical about money. You'll lose sight of what is important if you do.

You should accept that you aren't perfect. In fact, it's the flaws in life that help you learn and define who you are. You should try to correct the ones that hurt yourself or others. But, you don't have to change everything and neither should you want to. You don't want to pretend to be someone you are not. You can't maintain that pretense for long.

The world is constantly giving off negative energy which can make it difficult to accept yourself. People will put you down or not support you. They are the ones with the problem, but the negativity still has an impact on your emotional well-being. You can counter this by creating affirmations about who you are and why you should appreciate yourself. Anytime you have a negative person trying to beat you down, simply use your affirmations to cancel their negativity.

If you revert to negative thinking, it's never too late to break those thoughts. Continue to consider what you are grateful for, especially all the little aspects of your life. It is a struggle, but you can win out by using your

gratefulness as a tool. It also helps to align yourself with people who are grateful for what they have. That will help you see that it is the right path to follow. These people are upbeat, and this makes them more fun to be around.