

Four Self-improving Factors that are Vital for Your Success!

Self-improvement and personal development are vital for you to achieve the goals and dreams that you desire most. If you are going to live your best life, you must take care of yourself.

It is not selfish to make yourself the top priority. In fact, it's the least selfish thing you can do. When you make your own self-care the most important thing you do, then you can show up each day contributing your best. You will have a better attitude, more energy, and feel less anxious. It's like the analogy of giving yourself oxygen first. If you're not breathing, how can you possibly help anyone else.

There are many self-improving factors that can contribute to your success and well-being, but there are four of them that we think are vital for you to accomplish the things you want.

Four Self-improving Factors that are Vital for Your Success!

1. Self-love –

All good things begin with love. You can not hate yourself healthy or hate yourself to a better version of who you are. It must start with love. When you love yourself, it motivates you to make better choices and gives you the ability to avoid things that aren't good for you. Self-love isn't arrogance and pride. It means that you have an appreciation of who you are and a positive regard for yourself. Self-love is not self-absorption. Genuine self-love is proof that you love others enough to take care of yourself so that you can show up as your best self for them every day!

2. Self-control –

People who practice self-control understand they have a long-term goal that outweighs the short-term temptation they are facing. Self-control is the ability to control emotions, impulses, or behaviors for a greater purpose or goal. It is a learned behavior that we can always grow and improve upon. When you practice self-control today, you are doing something that will help your future self be a better person. Self-control can feel very painful now, but if practiced will benefit you greatly. When your daily actions align with the things you desire most, you will ultimately be happier, experience a greater inner peace, and improve your odds of achieving your goals and dreams greatly.

3. Self-awareness –

Self-awareness is your ability to recognize your own personality. It allows you to be aware of how other people are seeing you. Self-awareness gives you the ability to recognize your emotions and determine if they align with your values and what you truly believe. Self-awareness is a valuable skill to have because most people allow their emotions to fuel their responses which can lead to behaviors that don't match the outcomes they desire the most. Those who lack self-awareness tend to be extremely reactive instead of thinking through their decisions and responding accordingly. When you are self-aware, you can evaluate yourself appropriately and manage your emotions.

4. Self-confidence –

The Webster Dictionary describes self-confidence as the belief in yourself and in your powers and abilities. Research shows that self-confidence is linked to almost every aspect of living a healthy, happy, and successful life. Fears and self-doubt are a part of human nature. They serve a purpose, but those negative thoughts and emotions can also hold us back from being our best selves. With confidence, you can overcome

those inner voices trying to keep you from taking the risks or the action you should so that you can achieve the goals and dreams you desire. Self-confidence will help you get through any failures or setbacks that knock you down and equip you with the ability to get back up and keep going.

Put to practice these self-improving factors in your daily life and you will start to see a positive difference in your attitude, how you go after the goals you have set for yourself, and ultimately the success you desire. YOU are the most vital asset you have in achieving your goals and dreams. Take care of yourself first, and you will be able to do all the things you need to do and want to do.

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