

自信源自内心：增强自我价值感的29种方式实用英语 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/645/2021_2022__E8_87_AA_E4_BF_A1_E6_BA_90_E8_c96_645419.htm Self worth comes from within, you won't find it by having more money, having more friends, having a fancy car or a big house. It is something intrinsic and something we can't gain extrinsically, meaning we won't find self worth from external factors. Here are some things you can do to increase your feeling of self worth. 文章来源:百考试题网 29 Ways to increase your feeling of self worth 来源：考试大 1. Write down 7 minor goals for the week and tick one off each day as you achieve it. 来源：考试大 2. Read a book a month. Reading a book is actually an achievement in this technology and media driven world and reading a full book is a great way to achieve a sense of accomplishment. 3. At the end of each day before falling asleep write down something you feel proud about, either on the day or in the past. 4. Tell someone else how much you appreciate them, being able to be open and honest is great for self worth. 5. Say no! Learn the skill of saying no without offending the person asking. 6. Everything you do, do to the best of your ability even if it cleaning the toilets or something equally as mundane, develop a reputation as someone who takes pride in their work. 来源：考试大 7. Walk tall and proud. walk as if you've got somewhere to go and you need to be there now, never run just walk tall and quickly. 8. Dress as smart as you can for each occasion, whether it be work, meeting a friend, or going for an interview. Take pride in your appearance. 9. Do

something for yourself every day. 10. Learn a new skill or take up something you 've always wanted to and stick with it. 11. Speak up for yourself in every area of your life, this might be hard to do at first but the first time you do it will be immense and if you carry on your self esteem and feelings of self worth will soar. 12. Sing at the top of your voice, not outside but in the house and really give it loads (I love singing Free Fallin ' by Tom Petty and the Heartbreakers at the top of my voice, ah! such a good feeling.) 13. Forgive yourself! (You know what I mean) 14. Get rid of the people who are dragging you down (I don ' t mean kill them, I mean just stop having them in your life.) 15. Work on your strengths. A lot of people focus on building up their weaknesses, instead get better at what you are good at. 16. Take a walk in the rain.....Why?.....because you have the power to decide! 17. Listen to other people and what they are saying. 18. Reward your successes. As soon as you achieve something reward yourself. 19. Never let anyone force you to break your core values. 20. Stop the gossiping! 21. Don ' t read a newspaper for a week and gauge how you feel about yourself and the world around you. 22. Help other people who need it. 23. Always, Always, Always be honest with yourself and others. There is no need for lies and the energy it takes to continue a lie is unbelievable. 24. Take a chance and take a risk or two. You don ' t have long to live so just get up and do it. 25. Listen to your self talk and slap the little person criticising you, I mean it, imagine there are two people one on each shoulder, the one who criticises you give them a slap or a punch in the mouth and start to pay attention to the one who is

praising you. 26. Don't be afraid to accept help from other people, it means they respect you enough to help you with something. 27. Start changing your thinking to be more optimistic about yourself, instead of '...I can't do that....' say '..I've never tried it, but I'll give it a go...' 28. Face your fears. Nothing will send your self esteem soaring more so than facing your fears and eventually conquering them. 29. Always leave comments on a blog you like :)

人的自我价值感源自人的内心，拥有再多的金钱，再多的朋友，拥有一辆乘心如意的车或者是一栋大房子都不能让我们获得自我价值感。它是一种内在的东西，并不是通过一些外部因素能获得的，通过以下方式你可以增强自身的自我价值感。增强自我价值感的29种方式 1.每周写下七个小目标，每天把已经实现的目标剔除掉。 2.花一个月的时间读一本书。在这个由技术和传媒驱动的世界，阅读一本书着实算是一个成就，阅读完整本书的确是获得成就感的一个很有效的途径。 3.每天临睡前，将当天或者之前发生过的你感到骄傲的事情写下来。 4.告诉别人你有多感激他们，尽可能的开放和坦诚有利于建立自我价值感。 5.要学会说不！要学会在不冒犯别人的情况下拒绝别人。 6.做每件事，要尽自己的全力，即使是清洗厕所或者其他同等庸俗的事情，就跟那些对自己的工作感到自豪的人一样去建立自己的声望。 7.走路时要昂首挺胸。走路时要让人觉得你的目的地明确，而且你需要即刻到达，决不要跑着去，只要昂起头快步前行即可。 8.任何场所，都应该穿着精干，无论有没有影响，和朋友见面，或者是应约一个面试，都要对自己的外表感到骄傲。 9.每天为自己做点事。 10.学习一门新技术或者是开始着手一些你一直想

要的事情，并且始终如一地坚持做下去。 11.在生活中的各个领域，试着大声的表述自己的观点，第一次尝试的时候可能会有点艰难，但是当你第一次去尝试的时候你会觉得自己充满力量，如果你坚持这样做的话，你的自尊和自我价值感会迅速飙升。 百考试题 - 全国最大教育类网站(100test.com) 12.在室内用最大的嗓门唱歌，尽可能的大声唱（跟汤姆佩蒂一样自由歌唱，撕心裂肺的大声的歌唱，噢！多么美好的感觉。） 13.学会自我原谅！（想毕你能明白我的意思） 14.让那些拖你下水的人滚蛋（我并不是想让你杀了他们，是想让你将他们赶出你的生活。） 15.依靠自己的能力。非常多人人都关注如何弥补自己的弱点，相反的我们应该将自己所擅长的东西变的更为突出。 16.在雨中漫步.....原因？.....因为这样我们会有做决策的力量！ 17.倾听别人，认真听他们所说的。 18.对自己的成功有所奖赏。一旦我们成功的做成了某件事，就进行自我奖励吧。 19.不要允许任何人强迫你打破自己的核心价值观。 20.停止留言的传播！ 21.不要一星期阅读一份报纸，思忖自我感觉和周边的世界。 22.帮助需要帮助的人。 23.从始至终得对自己、对他人坦诚。没有必要撒谎，继续撒谎的原因只有不信任。 24.利用机会，冒一两次险。因为我们的生命是有限的，站起来去实现它。 25.倾听自己的内心独白，给那些苛责你的小人一巴掌，我的意思是，想象一下你的双肩各有一人，一个是指责你的人，给他一巴掌或者是给他嘴巴一拳，然后关注那个表扬你的人。 26.不要害怕接受别人的帮助，这意味着他们是足够尊敬你，想为你做点什么。 27.改变想法，把自己想的更积极一点，不要说‘我无法胜任’要说‘我从来没有尝试过，但是我愿意试着去做一次...’

28.直面自己的恐惧。除了直面恐惧，最终战胜它，没有东西更能让你的自尊心飙升。 29.长期给自己喜欢的博客留言。

100Test 下载频道开通，各类考试题目直接下载。详细请访问
www.100test.com