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Last updated October 13, 2020, having high self-esteem is important if you are striving for personal or professional success. Interestingly, most people will have high levels of self-esteem to act in a similar way. That's why it's often easy to pick them in a crowd. There's something about the way they hold on and talk, don't they? We all have different hopes, dreams, experiences and ways, but confidence has its own universal language. This list will present some of the things you won't find yourself doing if you have high self-esteem.

1. Compare yourself to Others: People with low self-esteem constantly comparing your situation with others. On the other hand, people with higher self-esteem show empathy and compassion while protecting their sanity. They know how much they can handle and when they can offer a helping hand. In the age of social media, however, social comparisons are almost universal. One study found that participants who used Facebook were more likely to have lower self-esteem traits, and this was mediated by greater exposure to up social comparisons on social media. Basically, you will feel worse about yourself if you constantly get glimpses in life that you feel better than yours. Try to limit your time on social media. Also, when you start scrolling, keep in mind that each profile is carefully designed to create the appearance of a perfect life. Test yourself when you find yourself wanting green grass.
2. Be mean: Spirit: People with low self-esteem to bully others. They're happy to put other people down. People with positive self-esteem see no need to down other people, choosing instead to encourage and celebrate success. If you find that you feel the need to put others down, analyze where it comes from. If they have had success in life, help them feel good about this achievement. They can do the same for you one day. Let The Imperfection Ruins Your Day: Perfectionism not necessarily bad, but being obsessed with doing everything perfectly is a sign that you have low self-esteem and can lead to endless negative thoughts. This can lead to an inability to solve problems creatively, which will only worsen the problems with self-esteem. Those with high self-esteem disconnect from the results and do their best without expecting perfection. People understand with such confidence that spoiling is part of life, and that every time they strive and miss out on success, they at least learn something along the way. If you missed the mark, or if your plan isn't working exactly the way you'd like, take a deep breath and see if you can turn in order to do better next time.
4. Stop: at it's common to hear people living all the way things go wrong. They think that each of their failures signals an impossible task or innate inability to do. People with healthy self-esteem find out why they have failed and try again. People with higher levels of trust also tend to accept growth thinking. This type of thinking supports the idea that most of your abilities can be improved and altered as opposed to fixed. For example, instead of saying: I'm just not very good at math; That's why I did badly on the test, someone with a growing mindset would say: Mathematics is hard for me, so I'll have to put in some more practice to improve next time. Next time you experience failure, check out this video to help you believe in yourself again.
5. Devalue your self-esteem: People with high self-esteem appreciate their own perception of themselves - they understand that they come first and do not feel guilty in taking care of themselves. They believe charity starts inside and if they don't believe they will never have a healthy self-esteem. Self-service is often top of the list of priorities for people with self-esteem. For some ways to practice self-service, check out this article.
6. Try to please Others: They can't please all people all the time, so confident people first focus on doing things that will make them feel fulfilled and happy. While they will politely listen to the thoughts and advice of others, they know that their goals and dreams must be completed on their own terms.
7. Close yourself from the confident people have the opportunity to be vulnerable. These are those with poor self-esteem who hide all the best parts of themselves behind an emotional wall. Instead of keeping the present secret, be open and honest in all your relationships. As Brene Brown, author of Daring Greatly, points out, Vulnerability is what it's shown and seen. When you accept every aspect of who you are and let others see them, it will create deeper, more meaningful connections in your life. When this happens, you will realize that perfection does not lead to people who love you more. You can learn more about the power of vulnerability in this TED conversation with Brené Brown.
8. Follow and avoid Leading: People with low self-esteem do not believe they can lead, so they end up following others, sometimes in unhealthy situations. Instead of looking for a sense of belonging, people with high self-esteem go their own ways and create social circles that build them.
9. Fish for compliments: If you are constantly looking for compliments, you are not sure. People with high self-esteem always do their best (and try to do good deeds) because that's what they want to do, not because they're looking for recognition. If you need to hear compliments, tell them in the mirror. You can even try some positive statements, you need a confidence boost. Check these statements to get started.
10. Be Lazy: People work harder when they have high self-esteem because they are not bogged down in and complaints. Those with low self-esteem end up procrastinating and wasting their energy thinking about all the work they have to do, rather than rolling up their sleeves and just getting it done. It can also bounce off perfectionism. Perfectionists often feel intimidated by certain projects if they fear that they will not be able to complete them perfectly. Click on your confidence and just do your best without worrying about the ideal result. Stay away from the risks, when you trust yourself, you will be willing to participate more in life. People with low self-esteem are always on the sidelines, waiting for the perfect moment to jump in, instead of letting life pass you by, have confidence in your success and take the risks necessary to succeed.
12. Gossip: People with low self-esteem are always in the business of other people's - they are more interested in what everyone else does than themselves. People with high self-esteem are more interested in their own lives and stay away from other people's affairs. Instead of engaging in idle gossip, talk about some of the positive news you've heard recently, or about that fascinating book you've just finished. There's a lot to talk about for what a particular person has done wrong in their life. Bottom line: Self-respect for success in life. People who maintain a healthy level of self-esteem believe in themselves and push themselves to succeed, while those with low confidence feel a sense of entitlement. If you need momentum in your self-esteem and mental health, avoid negative conversations about yourself and other mistakes of people with low self-esteem. You'll be amazed at what difference it makes.

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