

90 WAYS YOU CAN REGAIN YOUR SELF-RESPECT

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How to Be Confident: 62 Proven Ways to Build Self-Confidence

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." - Clint.

How to Regain Your Self-Respect Once It's Lost

First of all respect yourself. Maybe you may have made some mistakes in your life . But who hasn't? 90% of our worries are usually baseless. So relax. If you don't respect yourself, well how can you expect that of others? Respect is earned .

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Respect is Rciprocal; Respect is commanded and not demanded. Hence, the degree of respect you have ever received, you are receiving and you would still.

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Getting naked is often thought of as an act that should only be reserved for intimacy—and even then some get squirmy! Never miss a deadline. Self-confidence is extremely attractive to guys. Invest in what matters. Meditate, take a yoga class, garden, or do whatever activity makes you feel calm and positive. Go outside your comfort zone.

Own your actions, personally and professionally, at all times. Remember that you can't control what anyone else thinks, feels, or does; you can only control. Show respect for yourself and be consistent with everything you say and .