

# SELF IMPROVEMENT



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# Self Improvement

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### Self-improvement & Success – Hand in Hand

Everything that happens to us happens in purpose. And sometimes, one thing leads to another. Instead of locking yourself up in your cage of fears and crying over past heartaches, embarrassment and failures, treat them as your teachers and they will become your tools in both self-improvement and success.

Remember watching Patch Adams? It's one great film that will help you improve yourself. Hunter "Patch" Adams is a medical student who failed to make it through the board exams. After months of suffering in melancholy, depression and suicidal attempts – he decided to seek medical attention and voluntarily admitted himself in a psychiatric ward. His months of stay in the hospital led him to meet different kinds of people.

Sick people in that matter. He met a catatonic, a mentally retarded, a schizophrenic and so on. Patch found ways of treating his own ailment and finally realized he has to get back on track. He woke up one morning realizing that after all the failure and pains he has gone through, he still want to become a doctor. He carries with himself a positive attitude that brought him self-improvement and success. He didn't only improve himself, but also the life of the people around him and the quality of life. Did he succeed? Needless to say, he became the best damn doctor his country has ever known.

So, when does self-improvement become synonymous with success? Where do we start? Take these tips:

- Stop thinking and feeling as if you're a failure because you're not. How can others accept you if YOU can't accept YOU?
- When you see hunks and models on TV, think more on self-improvement, not self-pitying. Self-acceptance is not just about having nice slender legs, or great abs. Concentrate on inner beauty.
- When people feel so down and low about themselves, help them move up. Don't go down with them. They'll pull you down further and both of you will end up feeling inferior.
- The world is a large room for lessons, not mistakes. Don't feel stupid and doomed forever just because you failed on a science quiz. There's always a next time. Make rooms for self-improvement.
- Take things one at a time. You don't expect black sheep to be goody-two-shoes in just a snap of a finger. Self-improvement is a one day at a time process.
- Self-improvement results in inner stability, personality development, and SUCCESS. It comes from self-confidence, self-appreciation, and self-esteem.
- Set meaningful and achievable goals. Self-improvement doesn't turn you to be the exact replica of Cameron Diaz or Ralph Fiennes. It hopes and aims to result in an improved and better YOU.
- Little things mean BIG to other people. Sometimes, we don't realize that the little things that we do like a pat on the back, saying "hi" or "hello", greeting someone "good day" or telling Mr. Smith something like "hey, I love your tie!" are simple things that mean so much to other people. When we're being appreciative about beautiful things around us and other people, we also become beautiful to them.