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SELF-IMPROVEMENT CONVO

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Self-Improvement

Yes, self-improvement is about changing yourself, but not changing who you are. HOW? There is a huge difference between improving and changing. Improving is becoming better at something, while changing is a whole different thing. Changing is making a whole DIFFERENCE, as if you are replacing. Self-improvement is all about IMPROVING who you are by becoming a better person. It allows you to:

- Develop skills
- Find your purpose in life
- Discover your goal this year
- Improve personal relationships
- Challenge yourself
- Make or understand something new to make your brain work in an advanced level

Self-Love and Self-Appreciation

The first topic that I am talking about is self-love and appreciation. First of all, self-love means the love that you have in yourself, by which means that you have to APPRECIATE yourself and who you are. What should we love in order to have self-love? YOURSELF.

Here is a list of what you should and shouldn't do:

- Be truthful with/to yourself
- Never compare yourself to others
- Try to know yourself better
- Know your strengths then use them
- Let yourself off the hook for imperfections
- Accept that people don't like you. (I'm going to explain it further in another chapter)
- Write down your successes in order to remember them and say "I did that one" and be proud of yourself
- Identify a hobby you have (only if you like it)
- Don't do things for others, do it for yourself

Quotes:

In order to love who you are, you cannot hate the experiences that shaped you.

– Andrea Dykstra

Nobody can make you feel inferior without your consent.

– Eleanor Roosevelt

Beauty begins the moment you decide to be yourself.

– Coco Chanel

Personality

Your personality represents you. You are you. You are not yourself without a personality, this is how important it is. Your personality decides how people will treat, trust, or communicate with you. Let's say that you are the most TRUSTED person in your neighborhood, now all the people will treat you as a grown up young man and woman, they will even tell you most of their secrets. On the other side, if you were truly the RUDEST person anyone could ever meet, then your reputation would be the worst and it could possibly run through your family tree, and they will still remember that you are the rudest person they have met. Let me tell you a short story about myself. When I was in school, whenever my friends had secrets, they don't have anyone to share with except for me. They tell me their deepest darkest secrets of all time. This also happens with my family and cousins; whenever my cousins need someone to speak to, as quickly as possible, they come to me and tell me EVERYTHING. Literally EVERY SINGLE THING. So, if you wanna be trusted or treated more pleasantly or in the nicest way possible, then try to improve your personality. BUT NEVER EVER change your personality. Generally, your personality affects your reputation. If your personality is significant, then your reputation will also be as significant, but if you have the worst personality, no one will ever endure you and your reputation will be as bad as your personality.