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Session3 Me, Myself, I Self-concept And Self-esteem

It's OK To Be Who You Are — To Be Individual — To Not Be Good At Everything. It Makes You UNIQUE. Self-esteem Is Not fixed And It Can And Does Change. Lots Of Things Influence Self-esteem. You Can Learn To Build Up Your Self-esteem. Remind Yourself, 'I Am An OK Person. I Dohave Strengths.' It's True! 1th, 2024

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2 Abstract This Doctoral Thesis Contributes To The Literature On Self-efficacy And Self-esteem And The Relationship To A Student's School, Ag 3th, 2024

Affirmations For High Self-Esteem And Self-Confidence

I Deserve All That Is Good. I Release Any Need For Misery And Suffering. I Release The Need To Prove Myself To Anyone As I Am My Own Self And I Love It That Way. I Am Solution Minded. Any Problem That Comes Up In Life Is Solvable. I Am Never Alon 2th, 2024

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