

# Improve Your Self Esteem

## 提升你的自我评价

Down on Yourself?—Raise your self-esteem with these tried and proven tips:

瞧不上自己？下面的技巧屡试不爽，可以用于提升你的自我评价：



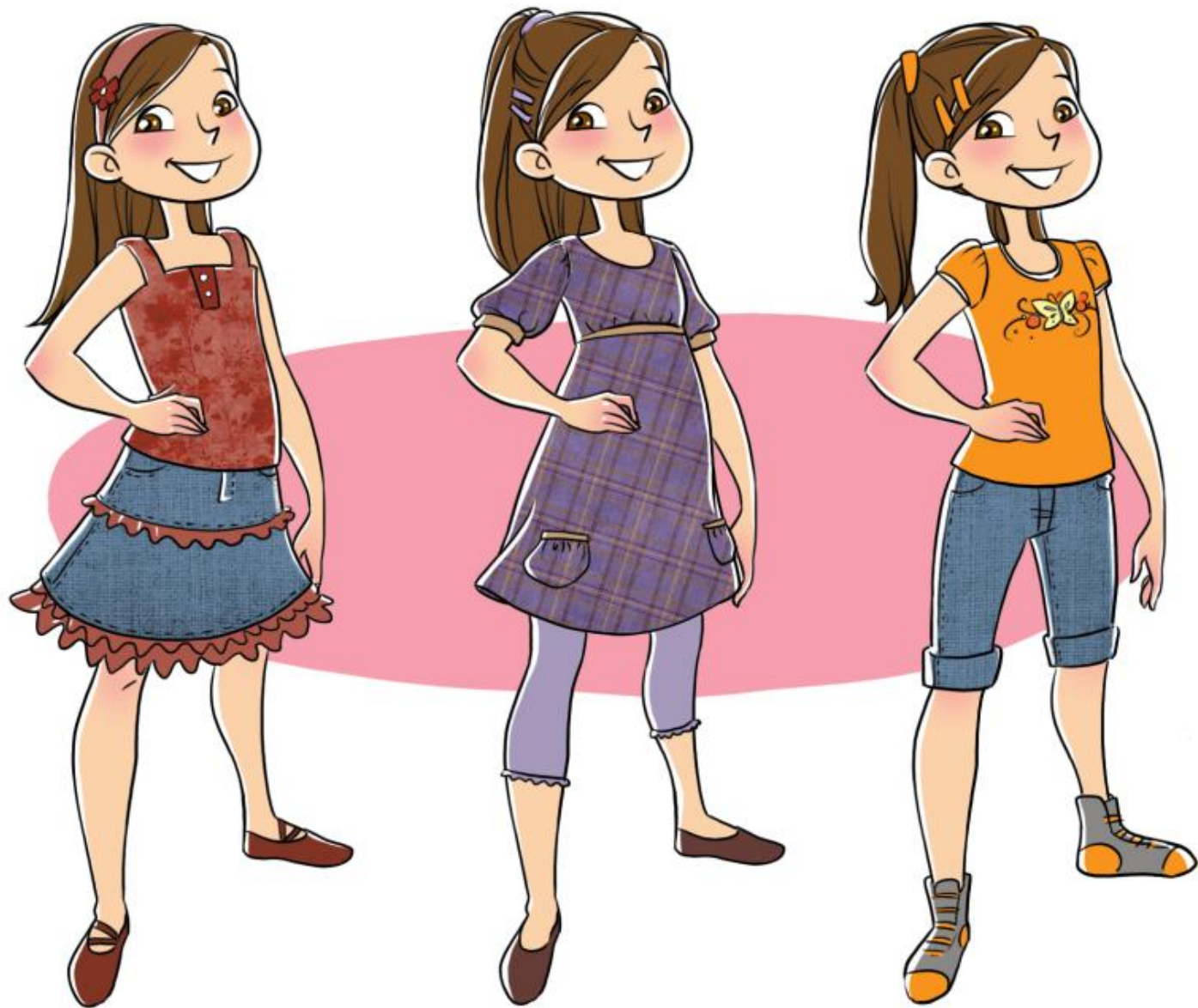
Be positive! Focus on the attributes you have, rather than on those you lack.

保持乐观！关注你已具有的品质，而非你不具有的品质。



Be willing to venture out and make changes.

乐于冒险，进行改变。



Look outward. Don't make yourself  
the focus of your life.

向外看。不要把你自己变成你生活的  
核心。



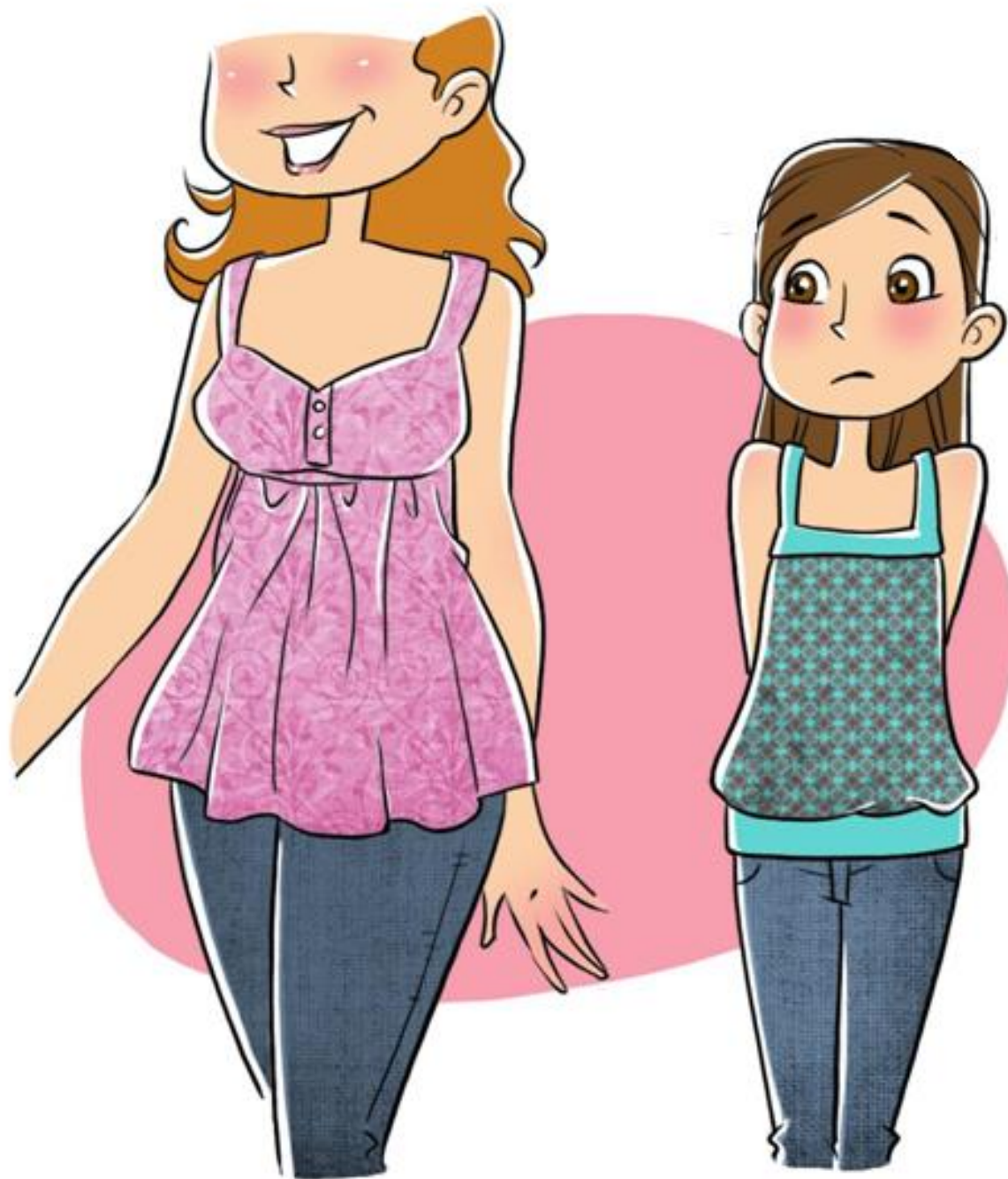


Learn from past mistakes,  
but move forward.

从过去的错误中学习，但  
要继续前进。

Don't measure yourself  
by other people.

不要按别人的标准来  
衡量自己。



Rest in God's love,  
realizing that you are His  
unique creation and that  
He loves you just the way  
you are!

安歇在上帝的爱里，知  
道你是独一无二的创造，  
他爱原原本本的你！

