

E-magazine: Esteem Yourself E-magazine

Title: Christmas & New Year Message: A Celebration of You

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to info@esteemyourself.com. I'd love to hear what's on your mind.

This past year has brought us more wisdom, growth, blessings, and more happiness. As you begin this New Year, you have a chance of finding a new positive direction, new uplifting lifestyle, and new goals and ambitions to pursue. You may have obstacles and challenges to overcome. However, no matter what this new year brings you have the ability and the will to gain strength beyond all strength you have mustered up before, to find peace in your heart, joy in your being, and courage in yourself. You can truly find this New Year as a year to celebrate you.

Celebrate your beauty, your talents, and your life! You are truly a unique, cherished individual, and no matter what may have happened in the past, in the present, or in the future, you are you, and your wisdom and growth will set you apart from others. It will give you a unique story. A story to celebrate. Celebrating your story will allow you to focus on the blessings of your journey. Your experiences give you a mosaic platform of accomplishments, downfalls, defeats, and a yearning to continue to move forward with a smile. You acquire a celebration of wisdom, of love of self, and of life as you press forward.

This celebration is a festival of happiness and strength, courage of oneself to look fear in the eyes and reject it, to build immovable faith, to tackle any obstacle, and to love oneself completely as a genuine, unique, beautiful soul. Don't be afraid to celebrate your positive reflection of life and of self-love. In order to celebrate yourself you have to appreciate yourself, love yourself, commend yourself, and respect yourself. You must be willing to accept yourself and expect others to do likewise.

Be aware that a celebration of you goes deeper than a desert date with yourself but more so a deep divine obligation to promise yourself to take care of you and watch after you. A promise to yourself to pursue all that is righteous, profound, complete, and worthy as you are. You are a goddess, your body a temple, and the celebration of such a divine individual as you must be orchestrated to reflect the lifestyle of peace, joy, and glory in your mind, body, and soul.

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