

**E-magazine: Esteem Yourself E-magazine**

**Title: Christmas & New Year Message: Treasure Yourself As Gold**

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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](mailto:info@esteemyourself.com). I'd love to hear what's on your mind.

From this month through the next coming year, and beyond treasure yourself as gold. For you are. You are an amazing woman. You have many gifts and talents. You are complete without a car, new clothes, or other individuals. Feel a great sense of love for yourself. This self-love will direct your life and the impact you make towards your future.

Your uniqueness and the blessings you provide to others whether they are seen or unseen are things that set you apart from any other person. You are one in a million. Let this be your guide to how you proceed with your life and a staple to those who know you. Remember that only you can dictate how you are seen, viewed, and treated by others.

This holiday season take sometime to think about all the wonderful things that you have in your life. Life has it's ups and downs, however, what really matters is what you do with what you have. It is important for you to feel gratitude and joy for what you have today. Without what you have now, you would not be where you are today.

What is it that you want in life? can you live without it? If the answer is truly yes then you have every reason to be grateful for what you have. Whether you are having troubles that surrounds you with hopelessness, joblessness, loneliness, or whether your are feeling unworthy, or grieving over a lost love, look for what you have and appreciate it to the fullest.

There are so many ways that we can feel this gratitude for our blessings, yet at times, we tend to focus on the negatives and feel that all is lost. All is never lost and we can continue to progress and reach our divine potential. Growth and progress is always around the corner. It is up to us to stand firm, press on, and stay determined.

Remember that what matters is not what happens to you but how you react to it. We may have shortcomings and we may have times when we feel that we can do better. And we can. However, realizing that you have a mind, and the ability to grow and learn is a great reason to be thankful.

Embrace yourself. Embrace change. Love yourself and look forward to learning and growing.

As you begin to treasure yourself as gold, you will realize that your potential is limitless. Strive to fulfill your dreams and your goals starting from today.

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