



Decision #6: How to Increase Your Self-Worth: Previously published as part of "The 6 Most Important Decisions You'll Ever Make"

Sean Covey

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There's nothing wrong with wanting to look your best, but if your self-confidence (or lack of it) comes from how you stack up on the good-looks gauge, you've got serious problems. When all is said and done, learning to like yourself is a choice, and it comes from within. *Decision #6* covers important concepts, like:

- The one true mirror you should always look to
- Why fixating on other people's opinions of you is stupid
- Character and competence: the foundation stones of healthy self-worth
- What to do when you're depressed and can't pull out of it
- Developing your unique talents and skills
- Mining your own fields for diamonds

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