How To Become the Best Version of Yourself



There comes a time in an individuals life when you do a lot of self-reflecting. I too have had such moments. With self-reflection comes burning questions in need of answers. The most crucial being: ***how to become the best version of one's self?***

Before you can be the finest version of yourself, you must first discover "**YOU**"; your "**true essence**"- the values, interests, and passions that define who you are in life and the world. When you discover who you are, you also need to recognise who you want to be. At this point, you get to make plans on how to become the finest version of yourself. After that, it's left to you to take steady strides to get there.

In this article, you will find all the help you need and it will be your reading time. Let's **delve into** it then.

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1. Let Go of Your Previous Identity: When you decide to become your best self, you must be willing to let go of your previous identity. This way, you're essentially holding yourself to a higher standard.

Indeed, uncertainty and **apprehension** about the unknown will make your "**old self**" fight this, but you must stand firm in your decision. Refuse to remain the same way you are, and embrace the possibilities of a "**new**" you.

2. Beliefs That Limit You Should Be Discarded: You're aware of who you are, but are you aware of who you might become? Most of us are **stifled** by limiting beliefs, which are false perceptions of our true nature.

You can push on and discover the person you truly are by learning to recognize and let go of any limiting ideas that are preventing you from being the best version of yourself.

3. Focus On Self-improvement: Self-improvement should be one of your goals. Those that achieve great success in their lives are those who are constantly looking for new methods to grow and improve themselves. Therefore, to be your best self, you need to follow suit. Seek ways to constantly improve on yourself.

Actively educate yourself on topics that can greatly help you in realizing your full potential. Stay informed by engaging in active reading. Look for materials both in print and online. Acquire new skills. Find a mentor who can help you on your path to self-rediscovery.

4. Stop your addictions: It can be very difficult to become the better version of yourself if you can't stop your addictions. What is simply means is that you don't have control over yourself.

Addictions has a way of stopping you from doing something important and keeps you weak except you stand up to it. For example, if you have addiction of alcohol, it will be very difficult for you to save money to handle some important parts of your life because alcohol will become an essential part of your life you probably will not be able to fight.

And off course, i know it is not easy to stop addictions but you have to put in efforts to stop or avoid them. It will be hard at first but with time you will no longer see them as addictions because you have total control over everything.

5. Maintain a Positive Outlook: You'll undoubtedly encounter hurdles and challenges as you work to become the ideal version of yourself. Rather than being **disheartened**, nurture positive feelings such as curiosity, passion, and flexibility.

Instead of seeing hurdles as setbacks, see them as possibilities. If you stay positive, you'll come up with inventive ideas that you wouldn't have come up with if you were stuck in self-defeating thoughts.

6. Conquer Your Fears: Fear is a cunning enemy that saps our courage and draws us away from the current moment. It is possible and vital to overcome your fears. When you're worried, write down what you're frightened of. Then, while being realistic, write down an alternative explanation that is less frightening.

Your intellect will register the rationale even if your sensations don't shift straight away. With practice, fact-checking your anxieties become second nature, and you become less susceptible to worry.

7. Drop the Comparisons: You must avoid comparisons if you want to be the best version of yourself. Never put yourself in a position where you have to compare yourself to others. Keep in mind that you are on a journey. Comparisons can simply take your joy and make you see yourself in the worst possible light since you don't measure up.

Ignore what you see on Instagram, Snapchat, and other social media platforms. On these sites, people provide an exaggerated picture of their life. Nobody talks about the negative aspects; only the positive aspects are discussed. So stay true to yourself, love yourself and avoid comparisons.

8. Handling Strengths and Weaknesses: No man is perfect, we are all **embodiments** of strengths and weaknesses and this is what makes us unique and special. Focus on your strengths, enhance them, and you'll become even more **formidable**. This is vital because you will face life's hurdles- which is inevitable.

In such situations, enormous strength is required to overcome the obstacles. It's okay if you have some flaws. You just need to remember that even in your weaknesses lies great strength. So, instead of focusing on your flaws, improve on them so you can become a better version of yourself.

9. Develop habits That Empower You: Individuals who are largely successful in today's world are those who have taken time and effort to evolve themselves. One thing that's largely significant about these people is they've developed habits that have helped them grow and become outstanding.

To put individuals in an empowered state of being, they **indulge** in activities like meditation, priming, or goal visualization. It also entails eating healthy, regular exercise and, more often than not, expressing thankfulness daily.

10. Have a Purpose: You feel lonely and alone when you don't have a purpose. Purpose brings meaning to your existence. It extinguishes the shallowness within and replaces it with love and respect for everyone and everything. Makes you a part of the universe's vast scheme of things.

It makes you feel significant, both to yourself and to the universe, since you're doing something worthwhile, something that deserves to be noticed. Make success-oriented routines for yourself. Keep in mind, though, that success does not follow a straight path. You will have obstacles on your way to achieving your objective, and this is to be expected.

You will live a life you never imagined possible after you discover your calling. You'll be thrilled, delighted, and energized practically all of the time, and you'll feel like a full-fledged steam locomotive barreling down on your destination. The best part is that once you discover your purpose, you'll feel it practically immediately.

11. Persist, Always: Persistence pays **dividends**, we're told time and time again. But what does persistence entail and how does it manifest itself? Persistence is defined as working on something over and over again, despite any disappointments that may occur.

Persistence is pivotal to achieving anything you want if you desire it badly enough. Your efforts will most likely pay off if you know you can get it and you want it badly enough. As you strive to be a better you, you may find yourself slipping back to your old ways- the very makeup of your old self. At this point, you need to persist, continually putting in the work to become a better you. In due time, you will get to appreciate the good long term habits you have developed.

12. Set Goals, "Realistic" Ones: As you strive to improve yourself, you need to set goals. Goals will give you a sense of direction as you navigate on your new path. However, you must set realistic ones. You are more likely to meet and feel good about your goals if they are **concise** and **attainable**. On the other hand, if your goals are **ambiguous** and impossible on another level, you are more likely to become dissatisfied and abandon all of your objectives. Each time you take a step toward your goal, you build self-confidence to become the best version of yourself.

One of the most effective methods to becoming a better you is to take action. The journey to becoming a better you is never easy, but you must take the crucial steps one at a time.

Essential words for speaking and writing

1. **Delve into –** to try hard to find out more information about something.
   She had started to delve into her father's distant past.

2. **Apprehension** – worry or fear that something unpleasant may happen.
   There is growing apprehension that fighting will begin again.

3. **Stifle** – to prevent something from happening; to prevent a feeling from being expressed.
   They hope the new rules will not stifle creativity.

4. **Dishearten** – to make somebody lose hope or confidence.
   Don't let this defeat dishearten you.

5. **Embodiment** – a person or thing that represents or is a typical example of an idea or a quality.
   He is the embodiment of the young successful businessman.

6. **Formidable** – if people, things or situations are **formidable**, you feel fear and/or respect for them, because they are impressive or powerful, or because they seem very difficult.
   Somehow the small but formidable woman fought her way through the crowd to reach her son.

7. **Indulge** – to allow yourself to have or do something that you like, especially something that is considered bad for you.
   She was free to indulge in a little romantic daydreaming.

8. **Persistence** – the fact of continuing to try to do something despite difficulties, especially when other people are against you and think that you are being annoying or unreasonable.
   His persistence was finally rewarded when the insurance company agreed to pay for the damage.

9. **Dividend** – great advantages or profits.
   Exercising regularly will pay dividends in the end.

10. **Concise** – giving only the information that is necessary and important, using few words.
    She gave us clear and concise instructions.

11. **Attainable** – that you can achieve.
    This standard is easily attainable by most students.

12. **Ambiguous** – not clearly stated or defined.
    His role has always been ambiguous.