

Essay:

We have to learn to be our own best friends, because we fall too easily into the trap of being our own worst enemies.

1. Introduction.

Thesis statement: Significant factors prove that one should learn to be his own best friend to overcome the self-created obstacles in one's life.

2. Why we have to learn to be our own best friends - an overview

3. Significant factors which prove that one should learn to be his own best-friend to mitigate the self-created obstacles:

a. One should encourage his own self to face self-fears like a best-friend to overcome self-created fear trap.

b. One should motivate his own self to pursue one's aspiration like a best friend to avoid prejudgemental negative thoughts regarding failure.

Date: _____

Day: _____

c. One should help his own self in coping with negative feelings like a best friend to reduce self created frustration during tough times.

d. One should mentor his own self in improving relations with family like a best friend to reduce self created distances with relatives.

e. One should lead his own self in excelling one's profession like a best friend to avoid self created disbelief in one's skills.

f. One should guide his own self in harnessing social skills like a best friend to mitigate self created isolation in society.

g. One should assist his own self in pursuing education like a best friend to avoid self created distraction during education.

h. One should torch his own self in achieving spirituality through religion like a best friend to avoid self created evil worldly desires in life.

4. Conclusion.