

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.
You can make a better thesis statement

Arguments are valid as well
Try to bring coherence in your points

Make a comprehensive and well coherent outline to gain more marks

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