"Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."
One great quality that we all have as human beings is being able to feel what is right by examining the way that we feel at our heart's level. Not only do we have the ability to think about life, but we have the ability to navigate life by using our heart and soul to guide us.

If a person wants to truly follow what is inside of their heart, they must be willing to first find their self. One must take a keen look at what is inside of them so that they will be better able to trust in their own decisions.

When a person isn't too familiar with their selves, then they are more than likely going to be highly influenced by the opinions of others surrounding them.

We must be willing to trust in ourselves, for we know way more than we think, we also know what we feel inside of our hearts.

Source:  [here](http://tiest.staff.ipb.ac.id)
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