



Website Analysis: mariedduncan.online

Generated on July 29 2024 14:18 PM





The score is 62/100







SEO Content

	Title	<p>Building Your Confidence: Effective Strategies to Boost Self-Esteem</p> <p>Length : 67</p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	Description	<p>Building Your Confidence: Effective Strategies to Boost Self-Esteem</p> <p>Length : 67</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>														
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>														
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 1904"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>url</td> <td>https://buildingyourconfidence.service-r.work/</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Building Your Confidence: Effective Strategies to Boost Self-Esteem</td> </tr> <tr> <td>description</td> <td>Building Your Confidence: Effective Strategies to Boost Self-Esteem</td> </tr> <tr> <td>site_name</td> <td>Building Your Confidence: Effective Strategies to Boost Self-Esteem</td> </tr> <tr> <td>image</td> <td>https://buildingyourconfidence.service-r.work/img/jikokouteikanntakamekata.jpg</td> </tr> </tbody> </table>	Property	Content	url	https://buildingyourconfidence.service-r.work/	type	website	title	Building Your Confidence: Effective Strategies to Boost Self-Esteem	description	Building Your Confidence: Effective Strategies to Boost Self-Esteem	site_name	Building Your Confidence: Effective Strategies to Boost Self-Esteem	image	https://buildingyourconfidence.service-r.work/img/jikokouteikanntakamekata.jpg
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	Headings	<table border="1" data-bbox="539 1933 1481 2004"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>0</td> <td>4</td> <td>9</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="614 2033 1082 2072" style="list-style-type: none"> • [H2] Why Focus on Self-Esteem? 	H1	H2	H3	H4	H5	H6	0	4	9	0	0	0		
H1	H2	H3	H4	H5	H6											
0	4	9	0	0	0											

SEO Content

		<ul style="list-style-type: none">• [H2] Strategies to Build Self-Esteem• [H2] Strategies to Build Self-Esteem (cont'd)• [H2] Conclusion• [H3] Challenge Negative Self-Talk• [H3] Celebrate Your Achievements• [H3] Focus on Your Strengths• [H3] Practice Self-Compassion• [H3] Set Realistic Goals and Break Them Down• [H3] Help Others• [H3] Surround Yourself with Supportive People• [H3] Take Care of Your Physical and Mental Health• [H3] Seek Professional Help If Needed
	Images	We found 21 images on this web page. 20 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 51% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 9 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
Methods to Believe in Yourself: Building Self-Confidence with Proven Strategies	Internal	Passing Juice
The DIY Advantage: How Taking Charge Can Boost Happiness	Internal	Passing Juice
How to Clarify Your Priorities in Life and Find Direction	Internal	Passing Juice
Shattering the Cycle: Techniques to Break Free from Negative Beliefs	Internal	Passing Juice
The Power of Positive Words: Can They Really Change Your Subconscious Mind?	Internal	Passing Juice
Discovering Your Authentic Self: Methods to Recognize Who You Are	Internal	Passing Juice
Taming the Fear of Failure: Strategies to Move Beyond the Trauma of "What If	Internal	Passing Juice
The Helping Hand: How Supporting Others Can Boost Your Own Self-Esteem	Internal	Passing Juice
=	Internal	Passing Juice





SEO Keywords














Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
self-esteem	23	✓	✗	✓	✓
more	15	✗	✗	✗	✗
strategies	12	✓	✗	✓	✓
boost	12	✓	✗	✓	✗
positive	10	✗	✗	✗	✗

Usability

	Url	Domain : mariedduncan.online Length : 19
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found a Print-Friendly CSS.
	Language	Good. Your declared language is ja.
	Dublin Core	This page does not take advantage of Dublin Core.




Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 20 Warnings : 9
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Perfect. No inline css has been found in HTML tags! Too bad, your website has too many CSS files (more than 4). Perfect, your website has few JavaScript files. Too bad, your website does not take advantage of gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li data-bbox="555 197 767 232">✘ Apple Icon<li data-bbox="555 264 879 300">✔ Meta Viewport Tag<li data-bbox="555 331 810 367">✔ Flash content
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Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>http://mariedduncan.online/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p>