

How I see
ME!

How I Love
ME!

How I
think
others see
ME!

How I
feel about
ME!



How I
choose
to treat
ME!

What I
allow to
influence
ME!



A positive self-image is important because it empowers you to change your circumstances and gives you the ability to help others.

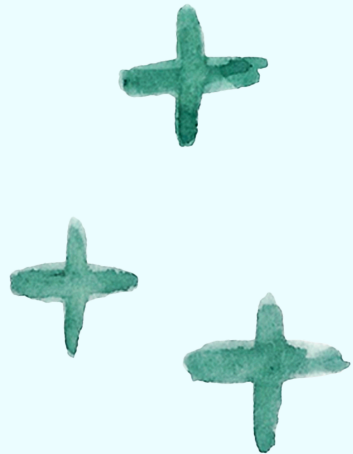
A clear glass filled with water, sitting on a dark wooden surface. The glass is partially filled with water, and the text is written on the water's surface.

You Can't Pour
From
AN EMPTY CUP.
Take Care Of
YOURSELF
FIRST.



A Negative Self-Image

is staying focused on your flaws, failures, imperfections, and weaknesses, distorting the way you see and feel about yourself.



Dangers of Having a Negative Self-Image

● **Mental Instability**

● **Self-harm**

● **Social Isolation**

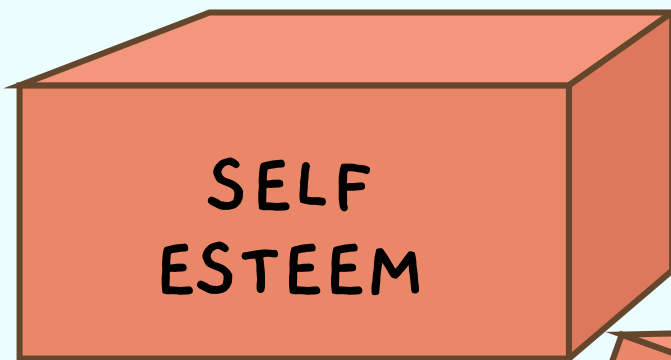
● **Living in Fear**

● **Health Problems**

● **Lack of Motivation**

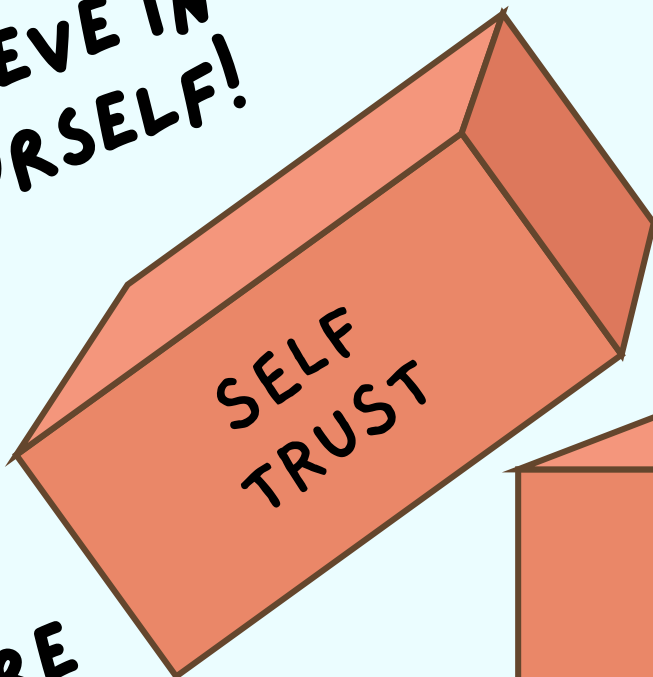


BUILDING A POSITIVE SELF-IMAGE! BRICK BY BRICK



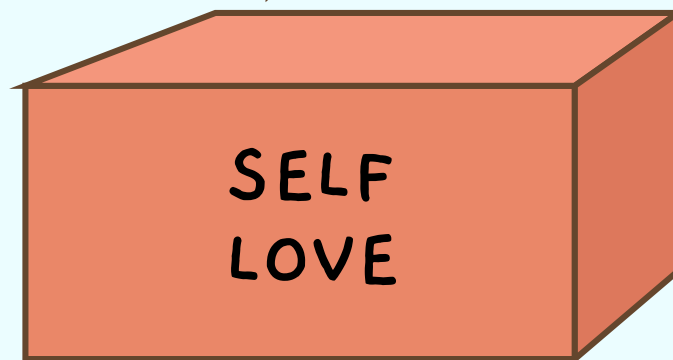
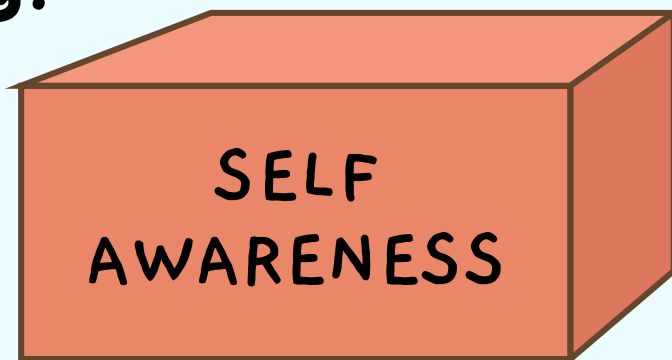
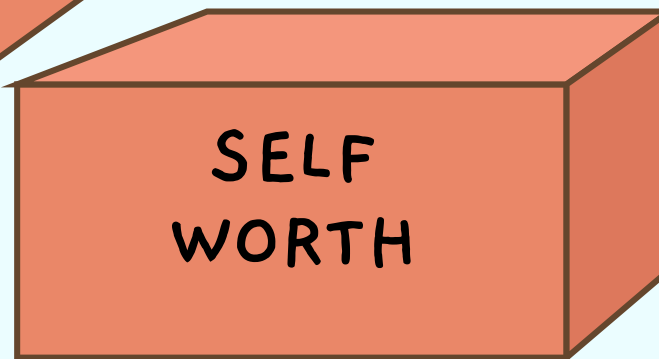
YOU CAN ACHIEVE
YOUR DREAMS!

BELIEVE IN
YOURSELF!



YOUR
OPINION
MATTERS!

KNOW
YOU ARE
AMAZING!



IT ALL STARTS WITH YOU!



YOU can create and maintain a positive self-image!

Use Positive Affirmations

Implement Positive Self-Talk

Be Kind to Yourself

Practice Self-Care

Set Manageable Goals You can Accomplish

Challenge Negative Thoughts

Remember Your Achievements

Have a Good Support System

Embrace Your Differences & Uniqueness

Focus on your strengths

Surround Yourself with Positive People





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