

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



A Negative Self-Image

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

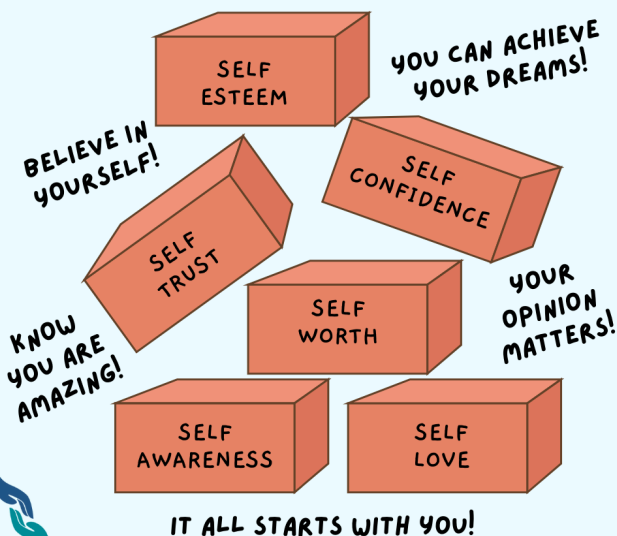


Dangers of Having a Negative Self-Image

- Mental Instability
- Self-harm
- Social Isolation
- Living in Fear
- Health Problems
- Lack of Motivation



BUILDING A POSITIVE SELF-IMAGE! BRICK BY BRICK



YOU can 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
- Embrace Your Differences & Uniqueness
- Have a Good Support System
- Focus on your strengths
- Surround Yourself with Positive People