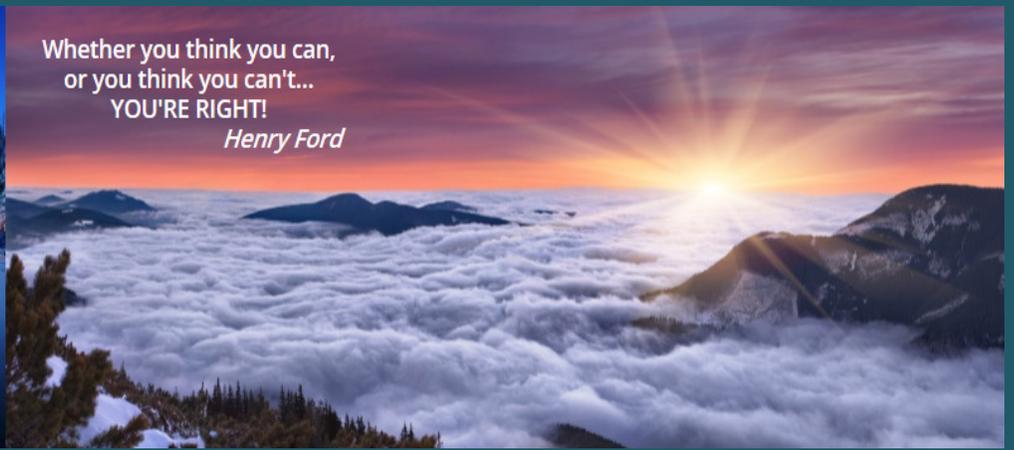




Whether you think you can,  
or you think you can't...  
**YOU'RE RIGHT!**  
*Henry Ford*



## How To Change The Way You See Yourself

Low self-esteem is a challenge faced by many due either to past experiences or peer pressure. We are affected by what others say about us and to us but.....you can change that.

No-one knows you better than you do. There is one rule with regards to how I see myself which is as follows:

*"What other people think of me is none of my business"*



You need to accept that there will always be those who run you down and think less of you but, they have not lived your life and can therefore not be taken seriously.

You are affected by those around you so if they do not support you, build you up, compliment you and believe in you.....then let them go because they are not serving you.

### Self Esteem Tips

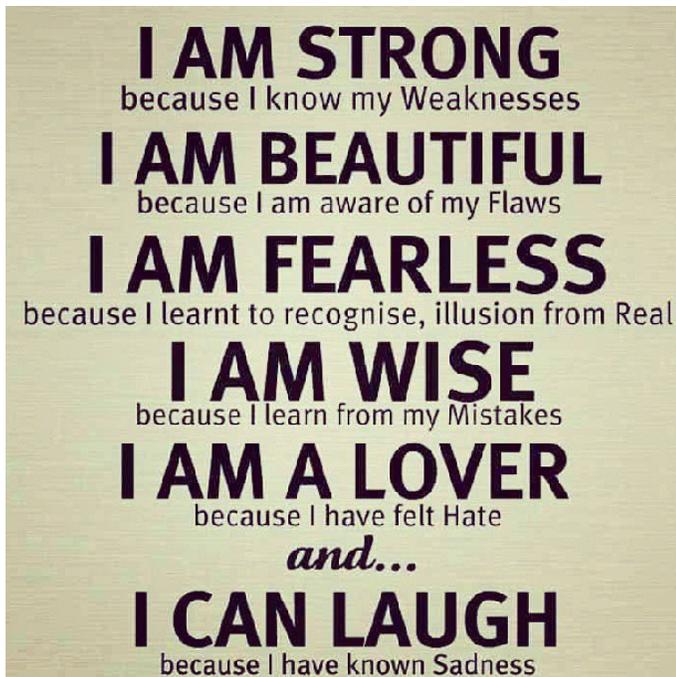
- Read to build your brain
- Exercise to build your body
- Mediate/Pray to build spirituality
- Make new friends - build social skills
  - Eat Healthy
- Experience something new every day
  - Don't pity yourself
- Never stop looking for a challenge.

Loving yourself the way you are is a big step towards getting to where you want to be. Anyone can change if they really want to so if there is something about you that you are not happy with, identify it, decide how you are going to change it then...**TAKE ACTION!**

*"You don't have to be great to get started, but you have to get started to be great"* **Les Brown.**

Every morning when you wake up, go to your mirror, look at yourself and express love towards yourself. You don't have to say it out loud (better if you do) but say it in your head and smile at yourself. It may sound foolish but if you repeat this day after day, you will start to feel better about yourself and you will be determined to change whatever it is you are not happy with.

Anything and everything can change, but for change to take place, there has to be action.



If you want to soar with the eagles then you need to learn to FLY (First Love Yourself).

It is not just about telling yourself you love yourself. What you do in your normal day to day life also shows how much you love yourself.

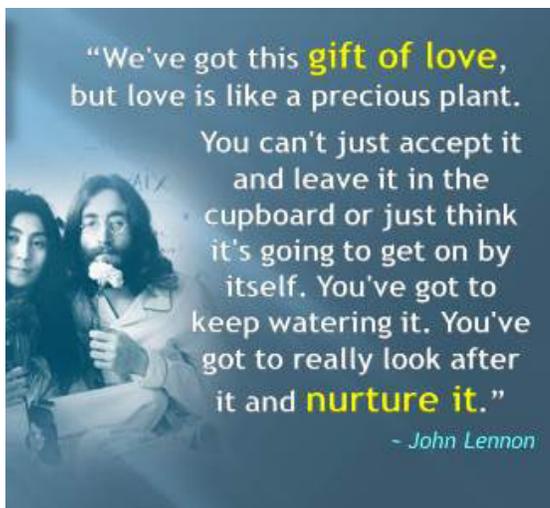
Are you stuck in a job you don't like going to? Are you in a relationship you do not want to be in? are you treating your body right with regards to your health?

If your answer to the above is not "Yes" then you are not showing yourself any love. Respect yourself enough to walk away from ANYTHING that no longer serves you, grows you or makes you HAPPY.

Sometimes you need to be alone in order to reflect on life. Take time out to take care of yourself because you deserve it.

Stop hating yourself for what you are not and start loving yourself for what you are. We are all special beings and we all have something to offer. The only limits in life are the ones you set for yourself.

- Eat like you love yourself.
- Move like you love yourself.
- Speak like you love yourself.
- Act like you love yourself.



How will you love yourself today?

How will you love yourself tomorrow?

How will you love yourself the day after?

...and after

... and after

...and after

**Task:**

Make a list of the things you love about you and read it every morning and every evening. Add to this list every day until you can't think of anything else, but at least give it some thought. You have so much to offer, so much knowledge and so much love within you. **Bring it out for the world to see!**

