



SELF IMAGE

Self image is developed by how you perceive yourself. If you have a low or negative perception of yourself this will affect your self image. Your personal view can be based on unrealistic expectations and past mental programming. A poor opinion about your body is a barrier to your social interaction with others.

- **CHANGE YOUR METAL IMAGE** - You must replace the metal picture of yourself with a new mental picture by removing the current image of yourself and replacing it with a new positive mental image.

EXERCISE: Within your imagination you can create, change, and delete anything. By changing how you think and act inside your mind, you will change your behavior and attitude. Imagine the new you, the person that you would like to become. Imagine it vividly and add emotional intensity. It is very important that you visualize the picture of YOU and who you want to be. Repeat it several times to yourself. This is directly related to Intentional Manifestation, which is the idea that what you intend, is what you manifest.

Most importantly, what YOU think of yourself is what matters. Love yourself for who you are and appreciate how important you are. You are a unique creation because you are YOU, regardless of what your appearance may be. Surround yourself with those who love and accept you with positive energy. Remove yourself from negative energy.

EXERCISE: Create new experiences. A negative self-image weakens your confidence. Take some positive, different actions. You may even have to do move out of your comfort zone to accomplish this task. New experiences will change your thinking patterns. Your self worth will improve when your opinion about yourself expands. Questioning your limiting beliefs. Your beliefs affect the results and experiences in your life. So, if you want to experience more joy, happiness, or a better relationship, you must belief that it is possible.

You have created your current beliefs by attaching emotions to your thoughts. You can change your present limiting beliefs by questioning its accuracy. Questioning and analyzing your negative beliefs often enough will make you doubt the negative beliefs you possess.

Cancel and replace your negative self talks. Your personal outlook was programmed into your subconscious, most times without your conscious awareness. With that comes your endless self talk, the internal chatters, which are mostly criticisms. It is a burdensome task to monitor them. What you can do is observe your emotions. When you get a feeling that is associated with the negative, pause and try to notice what you have been saying to yourself. Do the same with positive emotions; this will enable you to cancel the disempowering talks. Replace them with positive affirmations.

EXERCISE: Create a list. Use a notebook to keep track of your goals.

I love myself because (fill in the blanks), things I love to do, things that I have always wanted to do, things that I have the power to change

Set goals: Daily goals are set each evening before retiring. Weekly goals are set each Sunday evening. Monthly goals are set the last week of the month, and annual goals are set every year.

The best remedy for a low self image is helping others that are in need. The more you do for others, the better you will feel about yourself. It's like chicken soup for the soul! Keep busy, exercise if your doctor permits, meditate, and love yourself because you deserve it.