

7 STEPS TO A HEALTHY SELF-IMAGE

Step #1 Take Inventory

To have a healthy self-image you need to look at yourself and say what are the things that make me who I am. What are the things I do well. What are the things I do that others may not do, that make me unique. When you take inventory of these areas you will see how much value you can and do bring to any situation.



Step #2 When you make up and dress up, you look up

Every knows the minute they leave the barber shop or beauty parlor you feel like you are a celebrity. Your hair is right and you just feel like a million dollars. Since it feels so good be sure to do it often. The same goes for dressing up. How often do you dress up? If you aren't doing it enough do it more. You feel how you look.

Step #3 Regularly read about success stories

Guess what? Life is hard. I am sure you already knew that though. Since life is hard, we all need to read and listen to stories about others who had a hard life and how they came out on the other side. Reading biographies and stories about others inspires us and can show us that things aren't as bad as they could be, and we have the ability to do so much more. Both of these things inspire us and feeds our image of ourselves.

Step #4 Listen to speakers, teachers, preachers, and mentors

There are certain people who live in the area of motivation and inspiration. There are certain people who their job is to create inspiration and push you to stay motivated to fulfill your life's purpose. Make sure you take the time to listen to them and seek them out. When you are doing this everything in your life will just seem better.

Step #5 Be careful of who you associate with

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Step #6 Make a list of all of your positive qualities

You are a good person. You know it and I know it. However, we sometimes forget or don't think about our own positive qualities. Take the time and remind yourself of all of the positive qualities you have from time to time. This helps feed your own self-image.

Step #7 Make a victory list to remind you of your past successes

If you have never done this, I encourage you to do so. This process reminds you of what you have done well, and it motivates you to do want to do more. Sometimes we forget our past successes. Take the time and do this. Make a list and write it down and add to it often and look at it often.



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