

7 STEPS TO A HEALTHY SELF-IMAGE

Step #1

Take Inventory

Make a list of everything you are really good at. What things do you do well?



Step #2

Clean up, dress up and take pride in how you look.

You feel how you look!

Step #3

Read and watch the success stories of other people.

This will inspire you and helps feeds the image of ourselves

Step #4

Listen to people who love you, inspire you or motivate you.

Listen in person or to recordings.

Step #5

Make sure your friends are people who help you become a better person!

Be careful of who you associate with. People can either build you up or bring you down!

Step #6

Make a list of all your positive qualities.

You are a good person, write down those good qualities to remind yourself of them.

Step #7

Make a victory list of every success you have had.

This reminds you of what you have done well and motivates you to do more!



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