



REMINDER!
It's not pretentious to love and think highly of yourself.
It is IMPORTANT

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Meditation is simply taking the time to settle into a comfortable position—maybe in silence at first to help centre yourself—and focus your attention on a specific thing, as your strengths for example - considering it from a fresh perspective.

Bridging the gap between your two "me's"

The closer your "real me" is to your "ideal me," the higher your self-esteem will be.

Try to take actions to get closer to your "ideal me".

Yes, but how?

Use the "AND... NO MATTER WHAT" strategy. See the things you like less about yourself as opportunities to take action!



The bigger the gap is between the two, the more your self-esteem will suffer.

The real me

The ideal me



Image you have of yourself; your strengths, your weaknesses. Your reflection, positive or negative.

Being kinder to yourself, even despite your weaknesses, failings, and faults, helps to build your self-esteem. No one is perfect, but you don't have to be perfect to love yourself, be loved by others, and accept that you have value.

How you view yourself at your very best.

HORS-PISTE CHALLENGE
Transform self-criticism into positive, self-compassionate statements, using the "AND... NO MATTER WHAT" strategy.
Try a meditation exercise during your day-to-day life.