

Real Me and Ideal Me

Real Me



How you **see yourself**, positively or negatively. The **value** and **importance** you assign to yourself in the **present moment**.

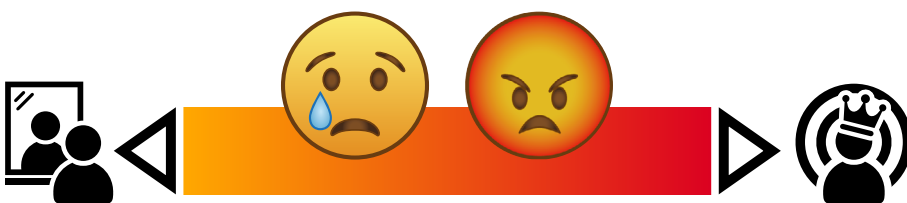
Ideal Me



The **ideal person** that you wish you could be. The **value** and **importance** that you assign to this **idealized image** of you at your **best**.

How wide is the gap between to these 2 “me”s?

ARE THEY FAR APART?



OR CLOSE TOGETHER?



To **bring** your two “me”s **together** and **develop your self-esteem**, you can try **to improve** the way you **see yourself** by being more **positive and realistic**!

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