

IMPERFECT? PERFECT!

OFF

TRAIL

Workshop 6

REFRESHER



- * Having good self-esteem is feeling that you have **importance and VALUE** as a person and are **worthy of love**.
- * Every person has their own **unique beauty, both inside and out**. It's not pretentious to recognize your own beauty. In fact, it's **IMPORTANT!**

"Real me" : How you view **yourself and your value in the present moment**.

"Ideal me": The **ideal** of what you think you **should be like**.

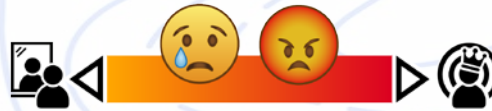
The **greater** the **distance** between the two, the more your self-esteem is **affected**. Conversely, the **closer** your two "me"s are to each other, the more likely your self-esteem is to be **positive, balanced, healthy and strong**.

Your turn!

Use these strategies to help **build and develop your self-esteem**:

- Be aware of your inner dialogue (thoughts and emotions about yourself);
- Don't define yourself solely by your difficult or past experiences;
- Take a fresh look at yourself, and see what is beautiful within you;
- Get a better understanding of your strengths and weaknesses;
- Welcome criticism and try to treat it as an opportunity to learn;
- Leave your comfort zone and dare to take risks.

ARE THEY
FAR APART?



OR CLOSE
TOGETHER?



OFF-TRAIL Challenge

This week, try to bring your two "me"s closer together:

- 01** Pay attention to your inner dialogue (emotions and thoughts about yourself);
- 02** Turn self-criticism into kinder, more positive and more realistic statements;
- 03** Use other strategies to improve your self-esteem.

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