

Activity 3

Befriending yourself

Self-worth influences our very thoughts, feelings, and behavior

I CAN ~~NOT~~ do it

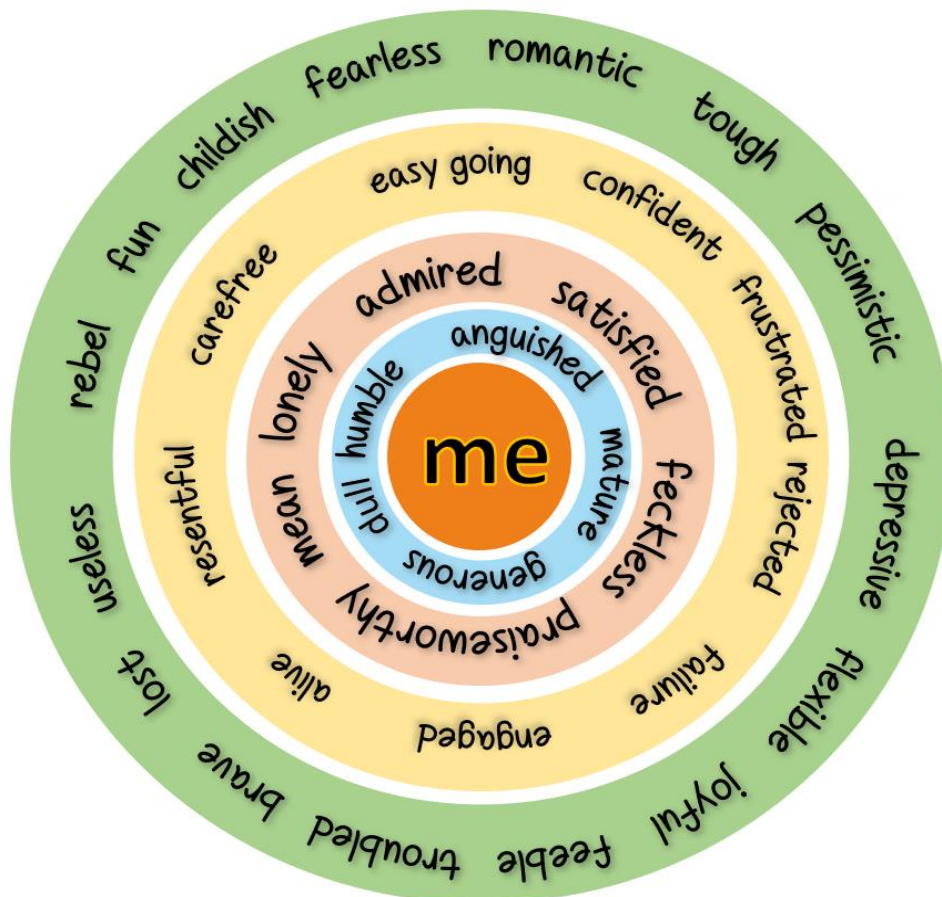


From "Body Worlds" Exhibition

The importance of positive self-talk

The next time you make a mistake, stop and take a moment to hear your inner voice. What is it telling you? Is it saying that your mistake was expected, was one of far too many or was it because you're a horrible person? Or was your inner voice reminding you that no one is perfect? Everyone makes mistakes and your mistake is an excellent opportunity to learn something and make improvements.

➤ Circle the adjectives you consider that describe you and are negative. Find others that would turn them into positive. Cross out the negative ones now. Highlight the positive ones.



➤ Create a new ring that would describe your perfect you. Add adjectives that you consider necessary and are missing. Be realistic. Change what can be changed. Some things can be changed fast, others gradual, and others never. There are things we inherit and go with our inner selves, are real part of us, but we can change our attitude about it. **Try new experiences.**

