

MODULE 2 – GIVE YOURSELF A SELF-CONCEPT MAKEOVER

DESCRIPTION

What goes into forming your self-concept? Are the things you believe about yourself really true? It's hard to be authentic if you have mistaken beliefs about yourself! This module takes you through the steps to give yourself a self-concept makeover. It helps you to reevaluate your past, form a healthy self-concept, and build your self-esteem.