

ANXIETY – POSITIVE PSYCHOLOGY

Positive Self-Image

“The 'self-image' is the key to human personality and human behavior. Change the self-image and you change the personality and the behavior.” - Maxwell Maltz

Antonyms – Dark predictions, worries, neurosis.

Synonyms – Synthetic experiences, visualizations, creativity.

Self-Talk of the Loser: “I see myself as average, as unappealing.”

Self-Talk of the Winner: “I see myself changing, growing.”

“You know a lot of people think that life sucks. Now, if that’s your affirmation, how can you possibly bring on good experiences? See, we have the choice of deciding what we want to feel about ourselves and about life. And what we choose to feel and think is what we’re going to get” - Louise Hay

For more positive Self-Image, take action today:

1. Go for a walk in nature and think about your childhood. Let your imagination run wild. “The world is but a canvas to the imagination.” - Henry David Thoreau.
2. Set aside 20 – 30 minutes each day to imagine you reaching your most personal desires. Enjoy it.
3. Read a biography of somebody that reached the top in your profession, your favorite hobby or that you admire. Do it at least once monthly. While reading it, become this icon.
4. While relaxing, visualize your own imaginary victories.
5. Spend some time with children and become a story-teller – it stretches your imagination.
6. Restrict your TV time to stimulating special programs.
7. Enlist in a course in deep relaxation, autosuggestion or biofeedback.
8. Develop the habit of listening to educational and inspiring videos (YouTube is unbeatable).
9. Write a 2-page summary of your professional and personal assets.
10. Self-image is the visual conceptual representation of self-worth. With what images do you picture yourself as far as clothing, car, house, garage, closet, phone, Facebook, garden, etc. are concerned? Think about it. List all stuff that you don’t need and can get rid of.

Why not break out of your cocoon and plant your feet on the moon? You are free to be everything you ever wanted to be - YOURSELF