

Be True To Yourself!

- ⇒ Use positive self-talk "I am unique and special".
- ⇒ Try not to compare yourself to others. Everyone was created to **BE DIFFERENT!**
- ⇒ Move away from conversations that are negative "I am fat - I hate my looks".
- ⇒ Avoid buying or reading magazines that promote the 'perfect look of models'.
- ⇒ Focus on the things you can change about yourself.
- ⇒ Try things that make you feel good - a new haircut or colour, new clothes, a new hat!
- ⇒ Put up your favourite picture of yourself where you can see it every day.
- ⇒ Focus on who you are - not what you look like!

