

7 Ways to Improve Your Self-Image

1. **Take an inventory.** Write down all the positive things you can think of about yourself. Also list the negative things. In this way, you will gain an awareness of your strengths and good qualities—and your weaknesses will not seem so overwhelming.
2. **Make changes.** Change the things you do not like about yourself. If you are like most people, your list will contain comments such as, "I smoke too much," and "I'm impulsive." In most all instances, the negative traits are habits and, therefore, can be changed.
3. **Sell yourself.** When you focus attention on your qualities, you reinforce your feeling of self-worth. You must constantly remind yourself of areas of competence.
4. **Forget about past shortcomings.** Many of the things that contribute to an individual's poor self-image are relics of the past. It's never too late to bury the past.
5. **Avoid overcritical associations.** Some people are not happy unless they are finding fault with those around them. Even if their criticisms are undeserved, these people often contribute to a poor self-image and should be avoided.
6. **Reinforce your improved self-image with positive feedback.** When you do something praiseworthy, tell yourself, "Hey, I did great!"
7. **Keep polishing your self-image.** Keep working on becoming a better and more effective human being. The more pleased you are with your self-improvement efforts, the happier and more successful you'll become.