

# 4 Tips for a better self-image:

Follow these tips on changing your mindset for a better self-image:



## Change your words

Statistics shows that to cancel every negative word spoken, 5 positive words must be spoken. Don't rely on what you are feeling. Feelings are not a supportive or reliable source to change what we speak.



## Consistency

Changing our words is one thing, however, consistency is the key to real change. To replace one habit with another, it needs to be done for a minimum of 21 to 60 days.



## Stop Comparing

You are you, you are unique, you are uncommon. One of the worst culprits in distorting our self-image is looking at someone else and trying to be them.



## Change your appetite!

What we hear, see, and speak (essentially ingest), on a daily basis can highly affect our visual perspective about ourselves. In order for our mind's eye to come into a positive focus, we need to mind what we are hearing, seeing and speaking.

