

Self-image

Quote

Relentless, repetitive self talk is what changes our self-image. Denis Waitley

<http://www.brainyquote.com/quotes/quotes/d/deniswaitl165022.html#jb9Gg8dKaUrY6Z5v.99>

Bible Verse

Each of you is now a new person. You are becoming more and more like your Creator, and you will understand him better. Col. 3:10 (CEV)

Inspiration

Creature Comforts

<http://www.youtube.com/watch?v=xaskzMiz63g>

Journaling

How do you see yourself? Are you happy in your own skin?

Do you listen to the negative thoughts in your head?

If the quote is true, that repetitive self talk changes our self-image, what things should you be saying to yourself to limit negative thinking?

Technique Challenge

Use an image of a person from a magazine as a silhouette.

Stick the image on black paper and cut it out. Turn it over and stick the magazine side down. Or stick the page on card and cut out the person to make a stencil.

<http://www.youtube.com/watch?v=b-KqyFAV9T4>

If you don't have any magazines you can download this pdf.

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