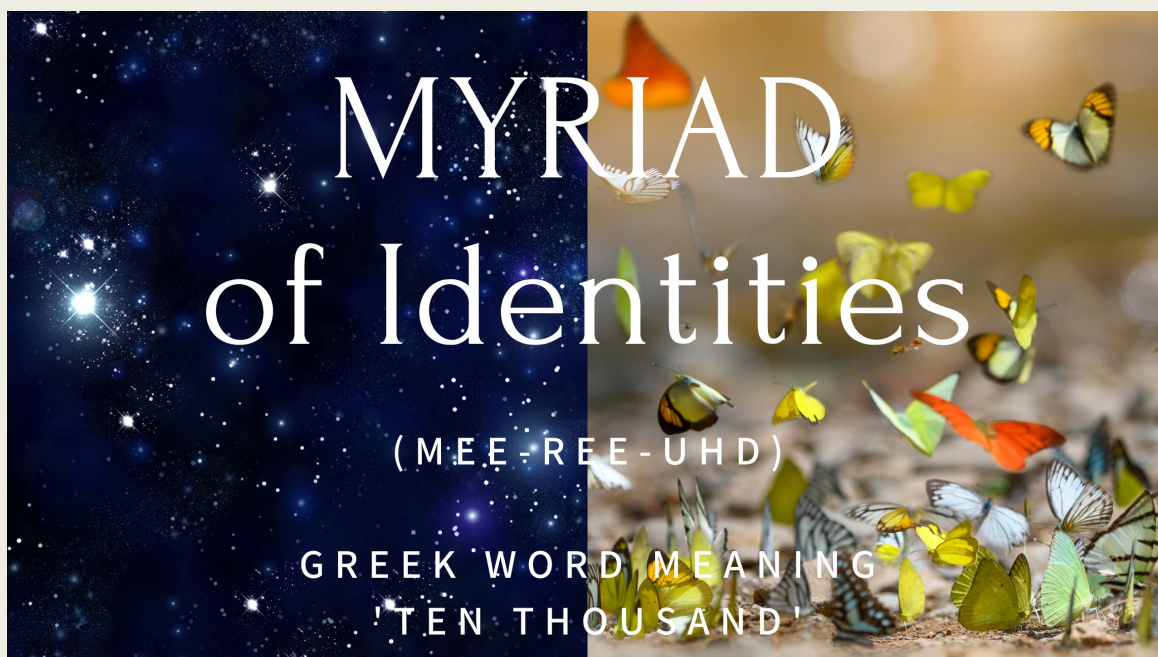


Self Image & Your Many Identities

The picture in your head is the one the world sees.



◆ WHAT YOU NEED TO KNOW ◆

- ◆ Self-image is your own private picture of what you are, who you are, and what you're worth.
- ◆ Your self-image controls what you let into your life — and how well you do.
- ◆ Your outer image — how you walk, talk, dress, and greet people — is what you project to the world.
- ◆ Your results always reflect what's going on inside you. A negative self-image produces negative results.
- ◆ **You are the only person** who can change or improve your self-image.
- ◆ You hold many identities at once — which ones are you proud to talk about, and which ones do you avoid?
- ◆ No matter how good you already are, there's always more room to grow.