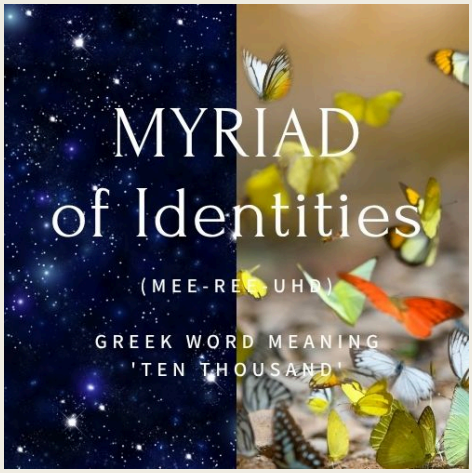
LESSON 7 · IMPACT-OLOGY

Self Image & Your Many Identities

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





WHAT YOU NEED TO KNOW

- Exercise: 2 ½ minutes to better understand your identities & paradigms as well as those of others
- Self-image is your own private picture of what you are, who you are, and what you're worth.
- 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?
- Self-awareness is the 'Goal' of Personal Development
- Self-awareness leads to greater understanding of others

> *Jacqueline Novogratz: 'Learning to navigate the many layers of your own identity, while also expanding your awareness of the multiple layers of others, is an essential twenty-first century skill...'*