



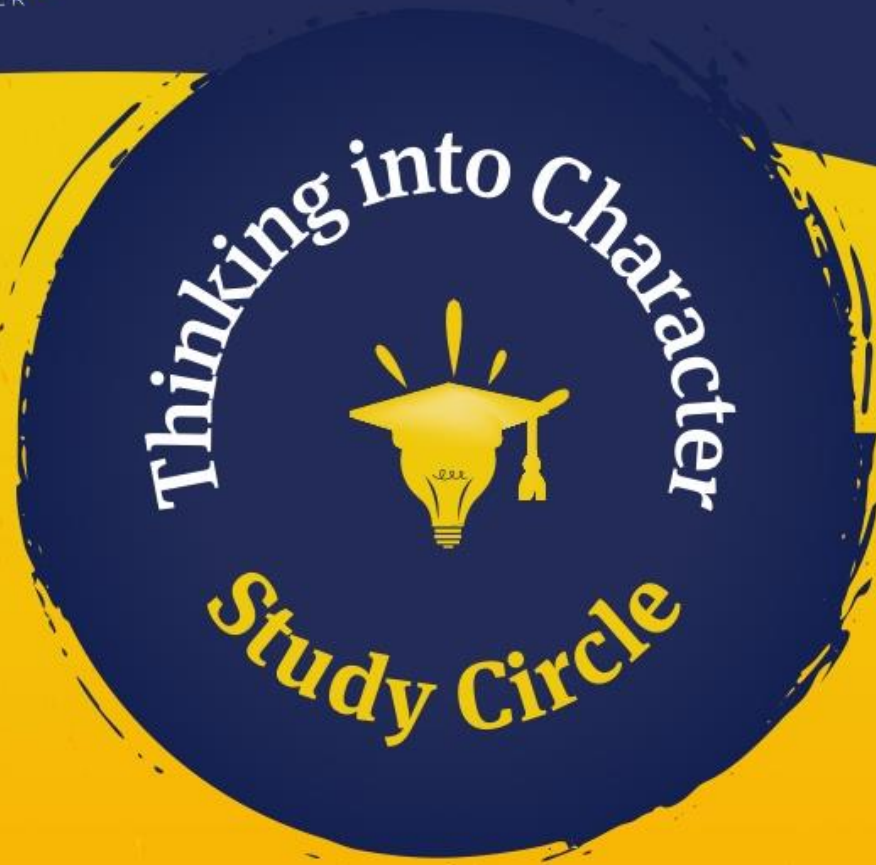
# Thinking into Character Study Circle



 **Thinking**  
INTO CHARACTER

 **REGENT**  
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LONDON

 **Thinking**  
INTO CHARACTER





# Lesson 6

## Creating your results





## We will:

- Explore what self-image is and how it is formed
- Discuss the ways to improve self-image



# What is self-image?

*Self image is the mental picture of how a person views himself; the virtues, the opinions, the beliefs and everything that makes him who he is.*

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**Menitmeter:**  
**Describe yourself in three words**



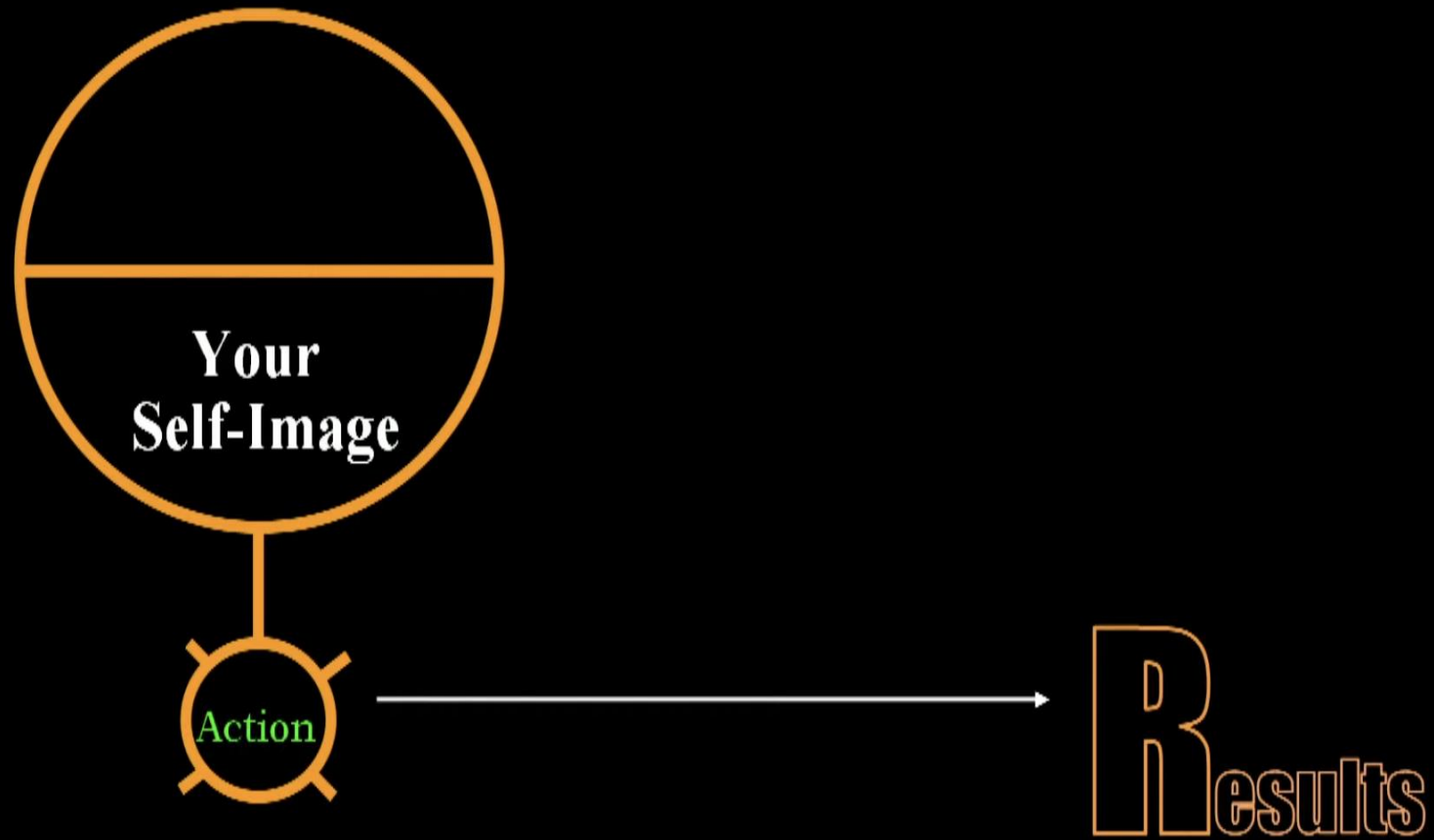
# WHAT MATTERS MOST IS HOW WE SEE OUR SELVES

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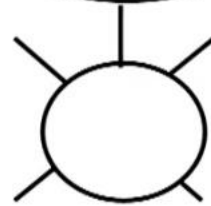


# Your Self-Image Is A Cybernetic Instrument



(Everything that is happening in the baby's environment is going directly into the baby's sub-conscious mind.)

We become a product of our Environment

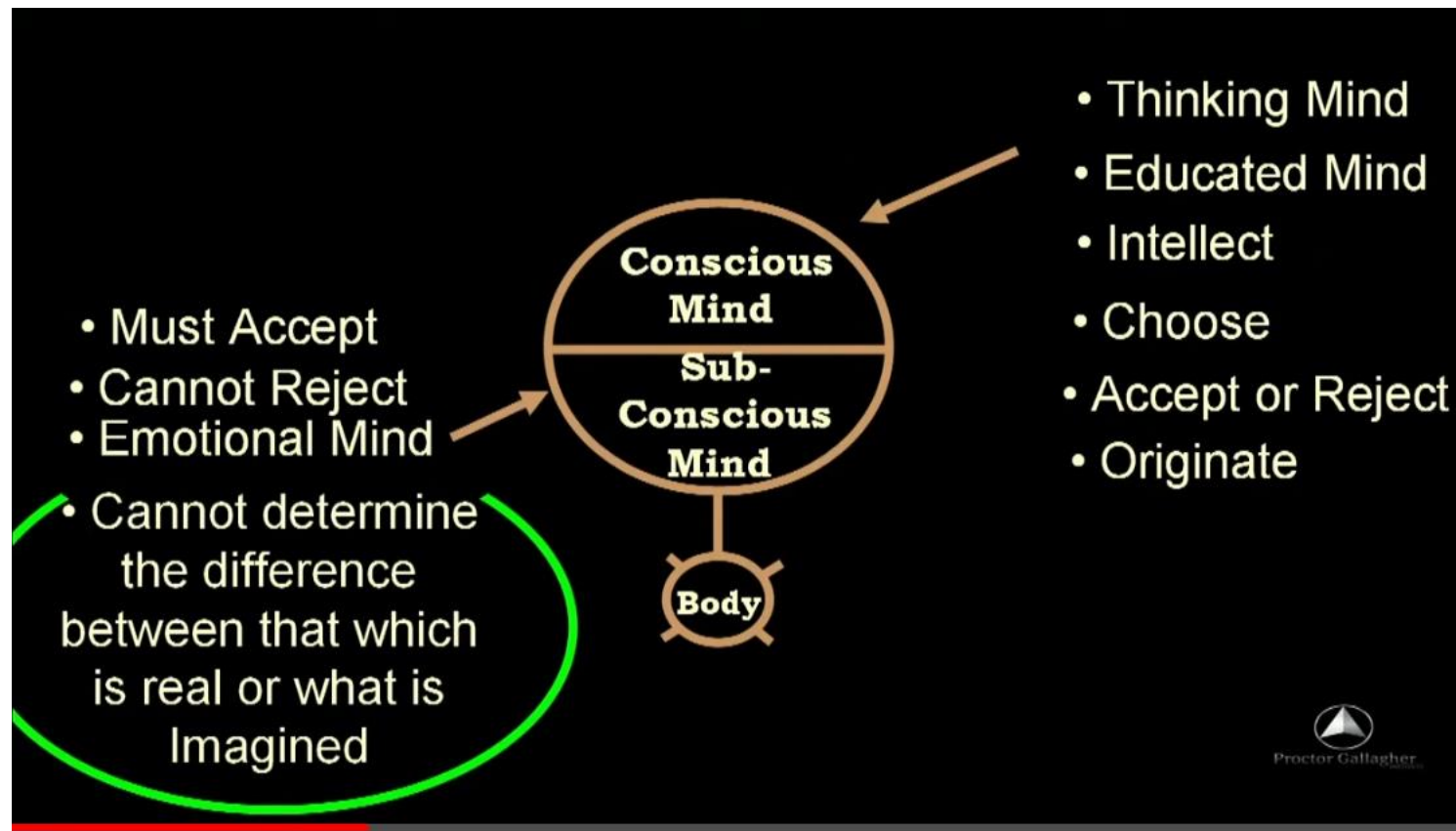


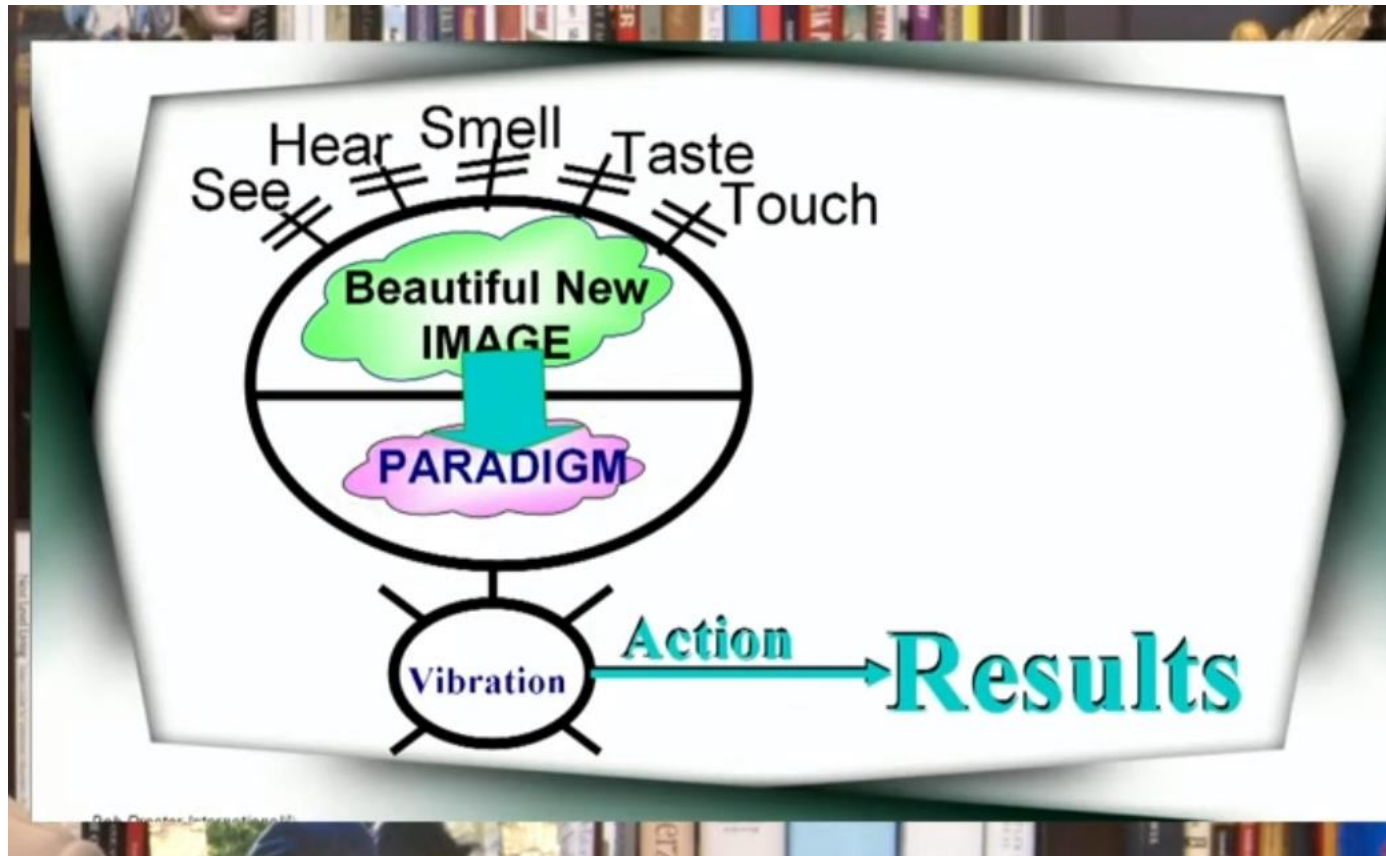




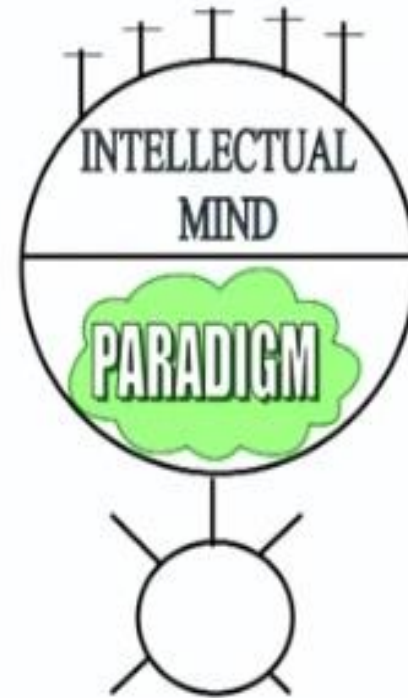








Perception  
Will  
Imagination  
Memory  
Intuition  
Reason



See  
Hear  
Smell  
Taste  
Touch





— HOW TO —  
**IMPROVE YOUR**

*Self-Image*





## Steps to Improving self Image

**1 Have a clear picture of what you want , imagine how you would like to see yourself**

**2 Write it down how you would like to see yourself in present tense “ I am so happy to see myself...”**

**3 Read it again and again , carry it with you and keep reading it This beautiful image has to be impressed on your subconscious mind over and over again**

**“Believe in your belief and it will become a fact “ William James**



**“Our self image, strongly held, essentially determines what we become”**

**Dr Maxwell Maltz**

**“Psycho-Cybernetics”**



# Ways to build self-image: share you thoughts

- Stop being perfectionist
- Control your thoughts
- Assess yourself honestly
- Change what you can and let go of what you cannot
- Don't compare yourself to others
- Daily affirmations
- Surround yourself with supportive people
- Look after your physical and mental wellbeing
- Recognize what you are good at
- Be kind to yourself
- Be assertive



## Practice to take home for Friday, the 4<sup>h</sup> of June

1 Bring to discussion point your experience in improving your self- image

2 Overview lesson 6

3 Ex 3 p 80-83





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