

# Self-Image: It Is All About You

There's real value in embracing everything about yourself.

December 2, 2009 By Willette Francis

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At times, you might not be happy with who you are, but remember you are a work in progress. Life is a process, a journey during which we experience change. Mental wellness experts stress that we can learn to develop a healthier more accurate view of ourselves and adjust any distortions we see in the mirror. The first step? Learning to love and accept ourselves (flaws and all).

To become a better version of you, celebrate your strengths and achievements and learn from your mistakes or failures. An African-American proverb says it best: "Nobody will think you're somebody if you don't think so yourself."

Now those are words to live by.

## **Positive Self-Image: The Key to Success**

As told to LaToya Johnson

Life Coach Karen McNeil looked deep within and realized she was in need of her own services.

Five years ago, my career as a human resources executive was successful. But my life was out of balance. I juggled single motherhood with conflicting work and family schedules. I was caught between frequent international travel and a commute between homes in two states. In addition, I had no time to care for my health. Something had to change.

While balancing these demands, I spent years helping others build leadership capability and achieve organizational goals. Finally, I had to assess my life. I left my career and created a life honoring the things I value most. It challenged me mentally, emotionally, financially and spiritually. Without a positive self-image, I couldn't have done it.

## **The Expert Says**

By Kat Noel

Karen Elizaga, founder and president of Forward Options, a New York City-based career and life coaching company, offers these tips to build strong self-esteem.

**Realize that you're not alone.** No one is perfect. No one's self-esteem is so strong that it allows us to get out of bed every day and think, "I'm definitely going to be able to do this."

**Believe that positive thoughts do make a difference.** If your belief is "I'm good enough, and I can do this," that mind-set can make you positive and productive.

**Embrace and love who you are.** Learn to say and believe you're a wonderful person. Accept that you're fine just the way you are.

**Practice gratitude.** Get in the habit of saying, "I'm so grateful that..." or "I'm so grateful for..." and fill in the blank. You'll soon generate a true love of self.

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<http://beta.docker.realhealthmag.com/article/Self-Image-Embrace-17662-4356>