

Jamison: Patient Education and Wellness

HANDOUT 14.3: IMPROVING SELF-PERCEPTION

Enhance self-esteem by:

- ☐ living consciously. Be aware of how what we do affects our purposes, values and goals
- ☐ practising self-acceptance. Learn to like yourself. Express positive emotions of self unhampered by guilt; accept and nourish your body
- ☐ taking personal responsibility for your behaviours and choices
- ☐ becoming assertive. Treat yourself with respect in all human encounters
- ☐ living purposefully. A sense of efficacy is built through mastery of particular tasks
- ☐ having personal integrity. Meet your personal standards. Avoid behaviours that conflict with your judgment
- ☐ having a positive mindset. Use affirmations, self-talk and a positive belief system
- ☐ using visualization. Imagine positive pictures of successful change
- ☐ trusting your intuition