

The Self Image Upgrade Exercise

Follow these steps to upgrade your self image in 7
days!

- Meditate for 5 minutes

- Stand in the mirror and make notes of the thoughts you have about your appearance

- Ask yourself why you care about each item on your list: for personal expression or because of what people might say?

- Circle the things you do **only** for personal expression!

- Only give attention to the **circled things** for the week!

- Do something easy, low-maintenance & neutral for the rest!

- Reflect on how you feel at the end of the 7 days

Example

Here's an example of my list. The **circled** words were things I put effort into because I loved how they made me feel. The **uncircled** words were things I fixed so that people would think well of me!

Nails

Hair

Makeup

Outfit

Accessories

Tone of voice

My vocabulary

For 7 days I did basic hair, makeup, accessories, and spoke naturally. **No extra effort.** At the end of the week, I felt like a ton of pressure had been lifted from my shoulders!