

Activities to develop a positive self-image

Self-care:

Self-care is any activity that helps you relax, recharge, and reconnect with yourself.

Make sure that your teen is doing all these tasks well because they are closely related to teenage confidence-building activities.

- Getting enough sleep
- Eating healthy
- Maintaining a balanced exercise routine
- Spending time with friends
- Engaging in hobbies
- Setting aside time for yourself
- Engaging in activities that bring you joy

Rejecting negative thoughts:

Negative self-thoughts are destructive and damaging to a positive self-image.

Examples:

1. I don't deserve to be happy
2. I'm not capable of achieving my goals
3. I'm not good enough
4. I'm not smart enough
5. I'm not worthy
6. I'm a failure
7. I'm not strong enough
8. I'm not attractive

These types of thoughts can lead to low self-esteem, depression, and anxiety. It's important to be aware of these thoughts and practice positive self-talk instead.

Positive self-talk:

Positive self-talk is the practice of using positive language to talk to yourself and to think about yourself in a positive and productive way.

Encourage your teen to think of a unique reason to put at the end of every sentence.

1. "I am capable, smart, and strong because _____."
2. "I can handle anything that comes my way because _____."

3. "I am worthy of success because _____."
4. "I am a valuable person because _____."
5. "I am capable of setting goals and achieving them because _____."
6. "I am worth the effort it takes to succeed because _____."
7. "I am not afraid to _____."
8. "I believe in my abilities, and I will succeed because _____."
9. "I make and stand by my own decisions because _____."
10. "I am confident in my _____."
11. "I am in control of my destiny because _____."
12. "I am a strong and independent person because _____."
13. "I have the power to _____."
14. "I am deserving of happiness because _____."
15. "I am capable of _____."