

Getting Back to You

Reflection and Creation

Personal Perspective and Self-Image

- You create you
- You get to tell the world who you are and how you see yourself
- We have positive and negative thoughts about ourselves
- Image changes based upon what happens in life
 - You are not your experiences
 - You are not your thoughts
- Response + Attitude = Successful Outcome

The Right Self-Image is Critical to Your Success

- We each possess powerful qualities and traits that make us who we are
- We each know someone who possesses a trait that we are able to identify as a positive that we, too, would like to possess
- What traits can we add that will allow us to be our true selves?

“Create an internal self-image that is consistently positive, loving, feels good, and is in harmony with the world and everything in it.”

-Anonymous

Visualization

- We all have an image of who we would like to be - what does that look like for you?
- You are becoming a new you through your experience at Skyterra
 - You are increasing your awareness of what you need for you
- Take time to visualize yourself being who you want to be and become
 - Pay attention to details and be intentional
 - What do you look like?
 - What are you wearing?
 - Where are you?
 - What are you doing?

Self-Care

- Driving Mindlessly?
- To see yourself in a positive light, you have to take care of yourself
- Discussion: What is self-care and why do we do it?
- Discussion: What do you do for you that is considered self-care? Why do you do those things?
- Being intentional with our self-care allows us to truly give back to ourselves what we need in the moment
- Invest in yourself: What will you do for you?
 - Refer to “Your Home Plan” Class addressing sleep, nutrition, fitness

“As you treat yourself like a Queen or King, you will feel your confidence growing... and as you support and encourage yourself, you will feel the love you crave.”

-Anonymous

Never Give Up On You

- Everyone can walk away from you and you can walk away from everyone else. You cannot, however, walk away from yourself.
 - Pour love onto yourself and invest in you
- Change requires a strong desire to experience something different than you have had in the past
- Be done with the old patterns and give room to new habits
- The life you want is within reach. You deserve to feel better.

Heal yourself and you will see you are resilient, indestructible and unstoppable.

Recommendations

Return to Skyterra for a refresher and reset!

Skyterra At Home: Get yourself back to your experience as you take your journey home with you

Self-love and reflection book

“Braving the Wilderness” by Brene Brown

“Girl Stop Apologizing” by Rachel Hollis

“The Self-Love Experiment” by Shannon Kaiser

“You Are A Badass” by Jen Sincero

“Badass Affirmations” by Becca Anderson