

## **Journaling Activity: Understanding Your Self-Image**

### **Instructions:**

Take 10-15 minutes to reflect on each of the following questions. Write your answers in your journal or on a separate piece of paper. There are no right or wrong answers; this exercise is about self-discovery and deeper understanding.

1. How would you describe your physical self-image? List three adjectives and explain why you chose them.

2. Do you feel your emotional self-image aligns with how you present yourself to the world? If yes, how? If not, why do you think there's a discrepancy?

3. When it comes to social interactions, how do you perceive yourself? Are you confident, shy, outgoing, reserved? Expand on your reasons.

4. Describe your intellectual self-image. Do you consider yourself knowledgeable in certain areas but lacking in others? Explain.

5. Is there a gap between your 'real' self-image and your 'ideal' self-image? If yes, what is one step you could take to close that gap?

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## **Activity: Manifest Your Ideal Self-Image**

### **Instructions:**

Choose one of the following options to manifest your ideal self-image:

#### **Option 1:**

##### **Writing Exercise**

Dream Journal: Take 20 minutes to write about a day in the life of your 'ideal self.' Be as detailed as possible: What are you doing? How are you feeling? Who are you with? What achievements or milestones have you reached?

Action Steps: After you've visualized your ideal self through writing, jot down 3-5 actionable steps that could help you get closer to becoming this version of yourself.

#### **Option 2:**

##### **Artistic Expression**

Vision Board or Digital Collage: Create a vision board or a digital collage that represents your ideal self-image. You can use pictures, drawings, quotes, and any other visual elements that resonate with you.

Reflective Paragraph: Once your vision board or digital collage is complete, write a short paragraph explaining the elements you chose and how they represent your 'ideal self.'