

## HEALTHY SELF-PERCEPTION (Self-Esteem)

This module is designed to help you see another view of you. The goal is to help you bring out the best in you along with keeping a positive attitude. We will show you how your attitude determines your altitude by examining the following:

- How to have a positive outlook
- How to balance your life now
- How to have a new view of you
- How to dream big and plan wisely
- How to stop conforming
- How to take the mask off
- The purpose of relationships