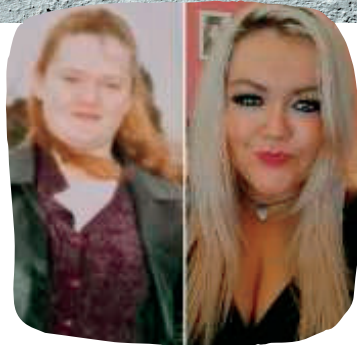




LABELS



We make the mistake of looking at the world from one perspective.

You will NEVER see your own face in real life!! Weird right? You only see if from a different perspective to everyone else who looks at you. But it's still your face! Your view on the world isn't ever the only one.

Learn how you look. Try taking photos from all angles. Get to know what you want to show the world and the best in which to display its awesomeness!

The only difference in these photos is age and confidence. As I grew older, I acknowledged my capabilities and achievements. There were many years I doubted myself and listened to the bullies and loud voices of society. I couldn't live up to their unrealistic expectations because I wasn't good enough, pretty enough, THIN enough!

Over the years I started to talk to myself and that's when the real change happens.

If you become focused on numbers and labels you begin to lose confidence. You are constantly comparing yourself to others. Comparisons KILL confidence! It's useful to look and gauge the journey but fixation on them will only lead to feelings of inadequacy.

I was heavier on the right photo above. The difference is my confidence and knowledge of what I had to work with. My body! Try listing your passions and achievements. Both are important.

