

“THE SIX SELFIES IN YOU”



Presented by:
Emily Petersen, Advocacy/ IL Specialist

LET'S TALK ABOUT SELFIES



MY SIX SELFIES

- **Self Awareness**
- **Self Care**
- **Self Help**
- **Self Confidence**
- **Self Determination**
- **Self Worth**

● SELF AWARENESS

What can't you live without?

Morning and night routines?

What makes you happy?

What do you struggle with?

What brings you comfort?



● SELF- CARE

Goal
Oriented
Energy

Putting Yourself First

Setting Boundaries



● SELF CARE

Prioritizing Your Own Well Being

Your Health:

- Avoiding illness
- Treating illness/medical conditions
- Staying healthy (diet, exercise)

Your Safety:

- Surroundings/ your space
- Physical and emotional well-being
- Not being fearful

Belonging:

- You feel valued
- You feel connected with others
- You are contributing to your community



• SELF-HELP

Believe in yourself even
when no one else does.

If someone tells you
that you can't do it,
prove them wrong.



*one step
at a time*



SELF HELP IS THE BEST HELP!



LET'S TALK ABOUT BALANCE FOR A MINUTE...



● SELF CONFIDENCE

Minimum to Maximum- Where are you?



LET'S TALK ABOUT YOUR STRENGTHS!



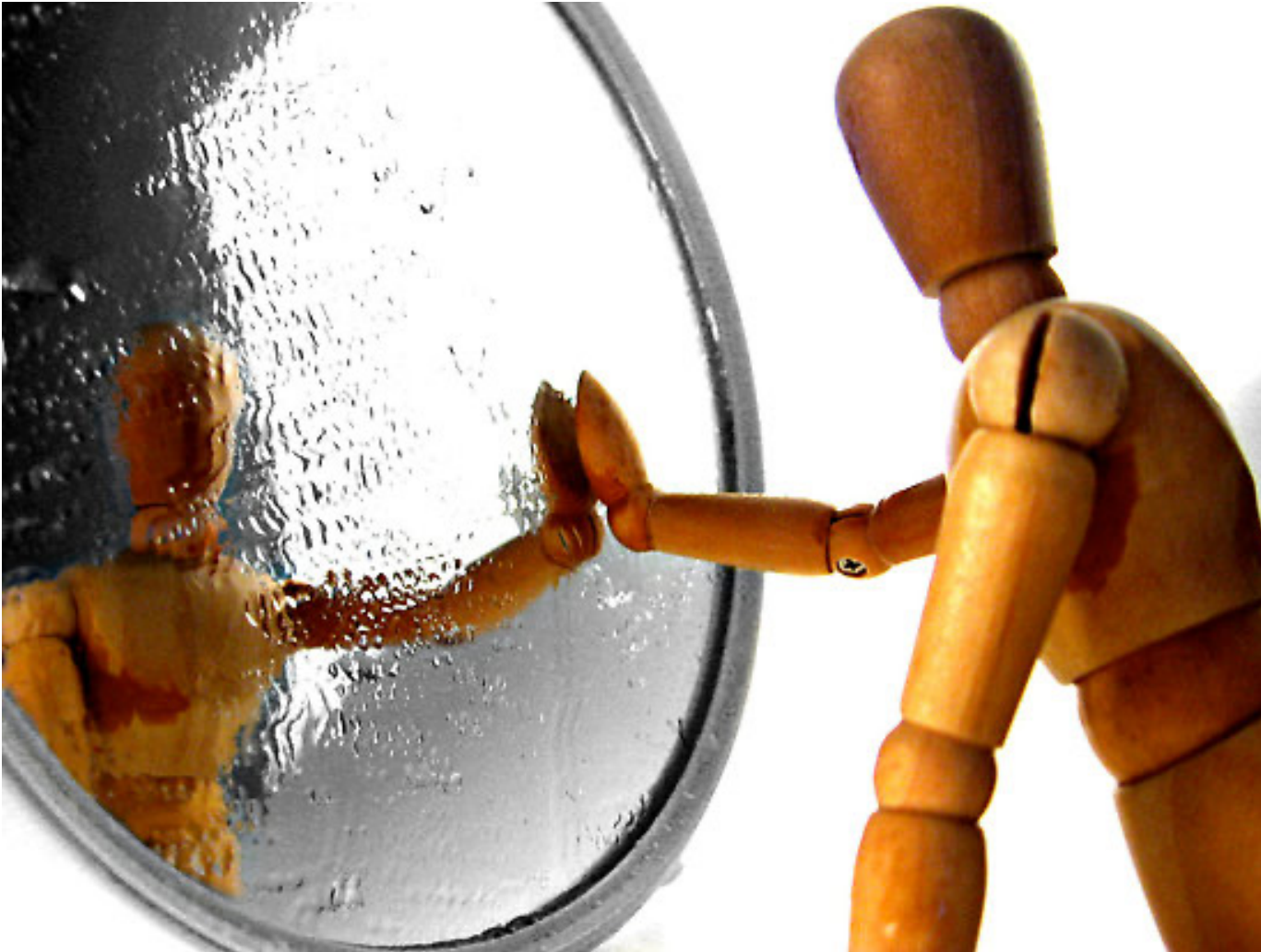
● SELF DETERMINATION



NEVER UNDERESTIMATE SMALL STEPS



SELF WORTH



MY PROFILE/ MY SELFIE

My
Favorites:

What's
Significant To
Me and My
Well-Being?

My
Personal
Photo

How to Best
Support Me?

My
Dreams

What Others Like & Admire
About Me...

My Strengths

My Goals

MY SIX SELFIES EXPLAINED

- 🟦 **Self Awareness-** My Favorites/ My Dreams
- 🟡 **Self Care-** Prioritizing your own well being
- 🟤 **Self Help-** How to Best Support me
- 🟠 **Self Confidence-** My Strengths
- 🟢 **Self Determination-** My Goals
- 🟠 **Self Worth-** Look how amazing you are!



Don't forget that your six selfies are a package deal!



BE ORIGINAL!
BE YOU!



QUESTIONS?



“The Six Selfies in You” presentation is a small part of LINC’s 9 week Self Advocacy Leadership Training Course. For more information, please reach out to:

Emily Petersen, Advocacy/ Independent Living Specialist
Living Independent Network Corporation

Serving Southwest Idaho

epetersen@lincidaho.org

(208)733-1712 extension 103

