

My Introduction to Health – Wealth – Wisdom Summit

Speaking Title: END CHILD ABUSE and EXPLOITATION

Everyone should be able to look in the mirror and be able to say: “I like you!”

This Wednesday, August 27, 2025, I’ll be interviewed to talk about an epidemic that has surpassed any reasonable explanation as to how 300 Million PLUS Children around the world could be abused in 2024.

Albert Einstein was quoted as saying “the world will not be destroyed by evil, but by those who watch and do nothing to prevent it.”

My name is Raymond G Comeau, and I’m the author of “What Bad We Do, DON’T EVER CROSS THE LINE.”

Besides the children crying for help, we the citizens, the parents, teachers, and governments cry for societies in every country to enforce the laws.

My 3 talking points are: 1. The porn industry is responsible for child abuse. The videos that years ago came from photos sold in alley ways in every city, and every state. Then came VHS tapes sold and showed in Adult Entertainment center’s in downtown America. When the internet came, a plaque ensued, and VHS tapes were gone. That brought in child abuse, say HELLO to the millions in waiting to welcome in the devil himself. 2. All wrong actions done to the innocent, are done in negative euphoria. I created the word negphoria, in order to fill the gap left open. We are a species looking to follow every DARK path, no matter where it leads, thinking we can always comeback. WRONG!

3. All of us have self-esteem! We can only track it by being between 1 and 10! Ok, choose a number. Being honest with ourselves, choosing a 10 would make anyone think how much money would one need to feel there a number 10? Having self-esteem would not carry a monetary value with it. Well, maybe a little. I’m human too. To look in a mirror, and say: “I like you,” I hope everyone could honestly feel that way. Impossible! Can a person say they are a ONE?

Besides inviting you to listen to my interview, after I’m offering you to read an un-edited 3 Part course, I’m close to completing.

The title: “Being My Best MALE Self.”

I started writing this course over a month ago, when I thought of all the different writing projects both finished, and unfinished. Combining one completed book: What Bad We Do, Why We Do the Bad We Do, guide to Self-Esteem, a course we use at Outreach Re-entry Ministry on cognitive behaviour, and an eBook: ASHAMED, 10 Ways to Stop Watching Porn, the complete ingredients for being a # 10 is there.

Please, this Wednesday, go to the link below, and at 5 PM listen, and learn what I have written here. THEN, download the FREE giveaway. I would like you to read and comment on the 3 Parts of my course.

This kind of “stuff” is what we all need today, many yesterday’s ago, and the many more days to come.

Oh, I almost forgot. Kids, teens or young adults if you have one or a few.

Lack of self-esteem is a terrible condition. SUPPORT! Anyone you know that thinks they’re a ONE, talk to them as fast as you can. Something is cooking inside them. A hug to start!

See you ALL on Wednesday at 5 PM MST. You’ll, no we’ll (you and I) will be HAPPY you did.

Go to raycomeauwriting@gmail.com It’s Ok, I’ll cry a little, but I’ll read EVERY WORD you leave. It comes from the Soul you know.

“Sometimes it’s the people who no one imagines anything of who do the things no one can imagine.” Enigma

Module 1: Why Being Your Best Male Self Matters

Dear Young Men,

Let's start with the truth: most of the world's problems—violence, crime, abuse, and destruction—are caused by males.

Did you know?

- Males commit **80% of all crimes**.
- Young males (ages 15–24) are responsible for **60% of those crimes**.

That's not just a number. It's a warning. A wake-up call. And an invitation for you to **be different**.

But why? Why do young men cause so much trouble?

It's not because they're born bad. It's because many of them grow up without real guidance. They follow the wrong crowd. They let anger rule their actions. They chase power or pleasure instead of purpose. They lie, cheat, steal, and use violence to prove something.

But here's the real truth:

Being your best male self means choosing strength through responsibility—not power through harm.

What Does “Crossing the Line” Mean?

In life, there are clear moral lines. There's right and there's wrong. Crossing the line means doing something you *know* is bad lying, hurting others, breaking trust, destroying peace.

Some guys cross that line once. Some make a habit of it.

But **you** can choose **not** to.

You Were Meant for More

You were born for more than just survival.

You were born to make a difference. To stand up for what's right.

To love, lead, and live with courage. To build, not destroy.

But that takes self-control. It takes values. And it takes **accountability**.

This course will walk you through 34 problems men face—many of them you may already know too well. Each one is a chance to stop, think, and decide:

Am I crossing the line? Or am I becoming my best self?

You don't need to be perfect. You just need to be **honest, humble, and willing to grow**.

Remember this:

The world doesn't need more tough guys. It needs **good men**. Strong, responsible, respected men. The kind who protects, not harm. The kind who says "no" to wrong—even when it's hard.

And that kind of man?

Starts right here—with you.

Reflect & Write

1. **Why do you think so many crimes are committed by young males?**
2. **What does "being your best self" mean to you—and what's stopping you from becoming that person?**

Module 2: The First Step to Change – Stop Lying

Let's get real.

Every wrong action starts with a lie.
We lie to others. We lie to ourselves.
And the more we do it, the easier it becomes.

Lying is the first line that gets crossed.

You say you didn't do it—but you did.
You say you're fine—but you're falling apart.
You say it's not your fault—but deep down, you know it is.

We lie to hide shame, to escape punishment, or to look good. But lies never stay hidden.
Sooner or later, **lies come out. And they take people down with them.**

The Lie Becomes a Lifestyle

At first, it's small—a lie to your teacher, your boss, your girlfriend, or your parents.
But soon it becomes normal. And then, before you know it, you're lying about everything.

And once people stop trusting you, you lose something that's hard to get back:

Your reputation.

Without truth, there is no trust.
Without trust, there are no real relationships.
And without real relationships, you're alone.

That's the truth behind the lie.

Lying Hurts More Than You Think

- Lies break friendships.
- Lies ruin jobs.
- Lies destroy families.
- Lies land people in jail.

People have even been killed because of a single lie.

Every crime, every betrayal, every broken heart—it all starts with one dishonest choice.

Think about it: What if someone lied about *you*?

What if that lie cost you your freedom? Or your future?

Would it be fair?

Would it hurt?

Now flip it around:

Have you ever lied to someone and hurt them—maybe more than you realized?

Truth is Power

Here's the good news: telling the truth might feel hard, but it's the most powerful thing you can do.

Truth makes you trustworthy.

It builds your confidence.

It earns you respect.

It lets people know you're real.

Even when it's uncomfortable, **truth sets you free.**

Being your best male self starts with one simple decision:

I will be honest. Always.

Not perfect. Just honest.

Reflect & Write

1. **Have you ever told a lie that caused problems later? What would you do differently now?**
2. **What do you think would change in your life if you always told the truth—even when it was hard?**

Module 3: The Damage of Swearing and Verbal Abuse

Words have power.

They can build up—or tear down.

They can calm a storm—or start a war.

They can heal—or they can humiliate.

Swearing may feel “normal” or “cool,” but it’s really a mask.

A mask for pain, anger, insecurity—or wanting to fit in.

But here’s the truth:

Swearing is weak language disguised as strength.

How Swearing Crosses the Line

- It stirs up anger.
- It provokes fights.
- It shows disrespect—especially toward women and authority.
- It becomes a habit that’s hard to break.

Many people have ended up in jail—or worse—because of a single cuss word in the heat of the moment.

It starts as just “words.” Then it leads to yelling. Then fists fly. Then lives are changed forever.

Real Men Use Real Words

You don’t need swearing to express yourself.

You don’t need to curse to sound tough.

The strongest men are calm, clear, and respectful.

Watch how you speak—and who you speak around.

Because when your words are clean, people take you more seriously.

Especially teachers. Coaches. Employers. Future partners. Future children.

The way you speak is a reflection of who you are becoming.

Reflect & Write

1. **How do people react when you swear compared to when you speak respectfully?**
2. **What could you do to start cleaning up your language—today?**

Module 4: Bullying and Coercion – Real Strength is Kindness

Bullying is weakness pretending to be power.

Coercion is control pretending to be leadership.

Real men **don't** push people down.

They lift people up.

What Is Bullying?

It's not just punching or name-calling.

Bullying includes:

- Gossip
- Isolation
- Threats
- Manipulation
- Cyberbullying
- Coercion (forcing someone to do something they don't want to)

And it can destroy someone's self-esteem.

Have You Been the Bully?

It's hard to admit.

Maybe you just "joked around." Maybe you were hurting and took it out on someone else.

But here's the hard truth: **if your actions cause fear, shame, or pain—you're crossing the line.**

No excuses. You have the power to stop.

Have You Been Bullied?

You are not weak. You are not alone.

You are valuable—and you deserve respect.

What happened to you wasn't right. But what happens next is **your choice.**

Kindness Is Courage

It takes courage to speak with kindness.

It takes guts to stop a fight—not start one.

It takes strength to walk away—not explode.

Be the guy who protects the weak. Not the one who causes pain.

Reflect & Write

1. **Have you ever hurt someone with your words or actions, even if you didn't mean to? What would you say to them now?**
2. **What would it take for you to stand up for someone being bullied?**

Module 5: Pornography, Addiction & Respect

Let's not sugarcoat it—porn is a problem.

It's addictive. It's isolating. It's disrespectful.

And worst of all—it's shaping how you see people, especially women.

What Porn Really Does

- It rewires your brain.
- It destroys focus and motivation.
- It can increase anger, anxiety, and depression.
- It trains your mind to see people as objects, not souls.
- It creates fake expectations that ruin real relationships.

Millions of young men are addicted to porn. But very few talk about it.

It's a silent shame that eats away at your self-worth.

Porn vs. Respect

Porn teaches you to take.

Respect teaches you to give.

Porn is secretive.

Respect is honest.

Porn makes you selfish.

Respect makes you thoughtful.

You can't fully respect others—or yourself—if porn controls your thoughts.

Break Free

You don't need to be perfect.

You just need to be honest—with yourself, with someone you trust, and with God.

Freedom is possible.

Real love, real relationships, and real strength come from purity.

Reflect & Write

1. **How do you think porn has shaped your thoughts, choices, or relationships?**
2. **What's one step you could take today to move away from porn and toward self-respect?**

Module 6: Anger, Road Rage, and Drunkenness – When Emotions Rule

Let's face it—guys get mad.

But what you do with that anger makes all the difference.

Too many young men have thrown away their lives in **a single angry moment**.

- A fight.
- A drink.
- A drive.
- A crash.
- A death.

And suddenly, it's all gone.

Road Rage & DWI – When You Lose Control

You're behind the wheel. Someone cuts you off.
You yell. You chase. You flash lights. Maybe worse.

Or maybe you're drunk or high.
You think you're okay to drive.

Then—BAM. Life changes.

- 1 in 3 car deaths involve alcohol.
- Young men cause most of them.
- Some never get a second chance.

One stupid decision can steal your future.

What's Under the Anger?

Anger is often just pain in disguise.

- Hurt.
- Fear.
- Shame.
- Loneliness.

Instead of talking about it, many guys explode. Or drink. Or escape through violence.

But here's the truth:

Real men learn to master their emotions. Not be mastered by them.

Be Prepared

Like the Boy Scout motto: *Be Prepared.*

- Prepare your mind.
- Prepare your heart.
- Prepare your response to conflict before it happens.

The strongest men don't fight. They **walk away.**

Reflect & Write

1. **What makes you angry—and how do you usually respond?**
2. **What could you do differently the next time you feel like you're about to explode?**

Module 7: Stealing, Drugs & Violence – From Temptation to Destruction

No one starts life planning to be a criminal.

It usually starts small.

- Take something that's not yours.
- Try something just once.
- Sell a little to make some fast cash.

Then it grows. Fast.

The Path of Destruction

- **Stealing** destroys trust and invites more crimes.
- **Drug dealing** kills lives, kills families, and makes you a target.
- **Violence** leaves scars you can't always see—and sometimes can't undo.

What starts as a choice becomes a **lifestyle**.

And then, it owns you.

You Are Not a Statistic

You don't have to be like "the streets."

You don't have to "prove" anything.

You don't have to join the pain.

Being your best male self means saying "No" when everything around you says "Yes."

Your future is worth more than money.

Your soul is worth more than street cred.

Your peace is worth more than revenge.

Reflect & Write

1. **What's the most tempting "wrong path" you've faced? Did you walk it—or walk away?**
2. **If you've hurt others before, what's one step you could take toward making it right?**

Module 8: Redemption – You Are Not Your Mistakes

If you've made bad choices—you're **not alone**.

Every man messes up.

But not every man chooses to change.

And that's what separates the ones who rise... from the ones who stay stuck.

You Are Not Your Past

- Not your worst day.
- Not your biggest lie.
- Not your deepest shame.
- Not your mistakes.

You are still worth something. You can still become someone.

The world may judge you. But **God forgives**.

Make Peace. Make Progress.

Redemption means:

- Taking responsibility.
- Asking forgiveness.
- Changing direction.

It starts small—with one right decision. Then another. And another.

Your soul matters. Your story matters. **Your future matters.**

Draw Your Line

This course isn't about fear. It's about **choice**.

You now know what happens when the line is crossed.

So draw it. Respect it. Never cross it again.

Be a man of honor. A man of strength. A man of peace.

Be your best male self.

Reflect & Write

1. **If you could go back and change one decision, what would it be—and what did you learn from it?**
2. **What will you do—starting today—to become the man you want to be?**

BEING YOUR BEST MALE SELF – PART 2: WHY WE DO THE BAD WE DO

Total Word Count: ~4,000 | Reading Level: 8th Grade | Modules: 6

Module 1: Compromise & Excuses – The First Steps Off Track

Doing wrong often doesn't start with a big decision. It usually starts small. One little compromise. One tiny excuse. Maybe you told yourself, "It's just this one time," or "No one will find out." But the truth is, every bad decision starts with that moment when you go against what you know is right.

Compromise means lowering your standards or breaking your values, even just a little. Maybe you cheat on a test. Maybe you laugh at a mean joke. Maybe you stay quiet when someone needs help. At the time, it feels small. But it opens the door for bigger wrongs. Once you cross that line, it gets easier to cross again.

Excuses are the lies we tell ourselves to avoid guilt. We say, "I didn't have a choice," or "Everyone else is doing it." But deep down, we know the truth. Excuses don't change right from wrong.

Real strength is doing what's right even when no one is watching. Being your best male self means standing firm on what you believe, not just when it's easy, but especially when it's hard.

Reflection Questions:

1. What's one time you compromised your values? Why did you do it?
2. What's an excuse you've used that you no longer want to tell yourself?

Module 2: Low Self-Esteem & Hate – Hurting Self, Hurting Others

When you don't feel good about yourself, it's easy to start putting others down too. **Low self-esteem** means you don't see your own worth. You might think you're not smart enough, strong enough, or good enough. When you believe that, you start to act like it. You might join in bullying, stay silent when you see wrong, or lash out at others just to feel better.

Hate often grows from that same place of hurt or anger. It can come from being judged, mistreated, or taught the wrong things. Hate blinds you to other people's value. It makes it easy to treat them as less than human. But no one is born with hate. It is learned – and it can be unlearned.

When you build up your own self-worth, you are less likely to tear others down. Being your best self means learning to like who you are, and choosing to treat others with respect no matter how different they may be.

Reflection Questions:

1. What's something positive you can say about yourself today?
2. Who do you need to forgive, not for them, but for your own peace?

Module 3: Anger & Alcohol – Losing Control

Everyone gets angry. It's part of being human. But how you handle anger can either build your character or break it. Some guys punch walls. Some punch people. Some drink to numb the feelings. But the truth is, **anger and alcohol** are a dangerous mix.

When you're angry, your body tenses. Your heart beats faster. Your thoughts race. If you don't control it, you might say or do something you regret. Adding alcohol only makes it worse. Alcohol slows your thinking and weakens your judgment. That's why so many fights, crimes, and accidents happen when someone is drinking.

You don't have to stay a slave to your emotions. Real strength is learning how to calm down, talk it out, or walk away. Don't believe the lie that acting tough means exploding with rage or drinking to look cool. The strongest man is the one who knows when to stop.

Reflection Questions:

1. What makes you angry, and how can you manage it in a healthy way?
2. What are some dangers that come from drinking to escape feelings?

Module 4: Drugs & Common Sense – Blinded by the High

There's always a reason someone starts using drugs. Stress. Pain. Boredom. Peer pressure. But whatever the reason, the result is the same – loss of control. **Drugs dull your mind and damage your body.** They take away your ability to think clearly. And once you're hooked, they can take over your whole life.

Common sense tells you that drugs lead to trouble. You see it on the news. Maybe in your own family. But when you're hurting, common sense can be drowned out by the promise of escape. That high seems like a solution. But it's not. It's a trap. And it gets harder to escape the longer you stay in it.

Being your best male self means trusting your gut and protecting your future. It means knowing your worth and making choices that lift you up, not tear you down. Say no to anything that puts your body, mind, or future at risk.

Reflection Questions:

1. Have you ever ignored your common sense? What happened?
2. What's something you can do instead of turning to drugs for escape?

Module 5: Religion & Racism – Misusing or Ignoring What's Right

Religion can be a powerful force for good. It can teach love, forgiveness, and strength. But sometimes, people twist it to support hate or control. That's not real faith. Real faith makes you a better person – someone who loves others and does right, even when it's hard.

Racism is one of the most harmful forms of hate. It's judging someone just because of the color of their skin or where they come from. Racism causes pain, divides communities, and leads to violence. It's wrong. No belief, group, or system should support it.

Being your best self means rejecting any message that says one group is better than another. It means standing for truth and fairness. Whether you follow a religion or not, you can still live by values like kindness, justice, and love.

Reflection Questions:

1. What's something your faith (or values) teaches about loving others?
2. How can you stand up against racism in your daily life?

Module 6: Peer Pressure & Going Along – Don't Follow the Wrong Crowd

We all want to fit in. That's natural. But **peer pressure** can lead you into doing things you know are wrong. Maybe it's trying drugs, skipping school, bullying someone, or lying to stay in the group. The phrase, "To get along, you go along," can lead you down the wrong path.

It takes courage to say no. It takes strength to walk away. You might lose some friends, but you'll keep your self-respect. And real friends won't pressure you to do wrong. They'll respect your choices.

Being your best male self means thinking for yourself. It means leading instead of following. Don't trade your values for approval. Stand up. Speak out. Walk tall. You'll not only protect your future but inspire others to do the same.

Reflection Questions:

1. Have you ever done something wrong to fit in? What did you learn?
2. What kind of friends do you want – and what kind of friend will you be?

Being My Best MALE Self – Part 3: Stronger with Self-Esteem

Module 1: What Is Self-Esteem – And Why It Matters

What Is Self-Esteem?

Self-esteem means how you feel about yourself. It's the voice inside your head that says, "I can do this!" or sometimes, "I'm not good enough." When you have healthy self-esteem, you believe you are worthy of love, kindness, and success—even when you make mistakes.

Self-esteem is not about being perfect. It's not about being popular or looking a certain way. It's about valuing yourself, treating yourself with respect, and knowing you are important just the way you are.

Why Self-Esteem Matters

Your self-esteem affects almost everything:

- How you talk to yourself when things go wrong
- Whether you try again after failing
- The kind of people you let into your life
- The goals you set—and if you believe you can reach them

If you believe in yourself, you're more likely to take chances, speak up, and do hard things. That's how you grow. But if you think you're not "good enough," you may stay quiet, avoid challenges, or give up easily. That holds you back from becoming your best self.

What Happens When It's Low?

Low self-esteem can make life harder. You may:

- Feel anxious or sad more often
- Put yourself down with negative thoughts
- Let others treat you badly
- Compare yourself to others and feel like you don't measure up

Sometimes, you don't even notice it's happening. You just feel "off" or stuck. That's why learning to recognize low self-esteem is so important.

The Good News

Self-esteem isn't something you're born with or without—it's something you build. You can make it stronger by:

- Paying attention to how you think about yourself
- Learning to treat yourself with kindness
- Setting small goals and celebrating your progress

The truth is, you're not supposed to be like anyone else. You're supposed to be YOU—and the more you accept that, the more confident you'll feel.

“Self-esteem is how you see yourself—and how you treat yourself based on that view.”
When you believe you matter, you act like you matter. And when you act like you matter, other people will treat you that way too.

Module 2: The 2 Kinds of Self-Esteem – Real vs. Fake

Real Self-Esteem

Real self-esteem is built on truth. It comes from working hard, learning from failure, and knowing you have value even when things aren't perfect. This kind of self-esteem helps you:

- Keep going when life gets tough
- Admit mistakes and grow from them
- Celebrate your own progress
- Feel proud of who you are

Fake Self-Esteem

Fake self-esteem is all about looking good to others. It's based on:

- Bragging
- Always needing attention
- Putting others down to feel better about yourself

This kind of self-esteem is weak. It falls apart when life gets hard. People who act super confident might actually feel very unsure on the inside.

How to Tell the Difference

Ask yourself:

- Am I proud of who I am, even when no one is watching?

- Do I treat others with respect, even when I disagree?
- Do I keep learning, even when I fail?

If you answered yes, you are building real self-esteem.

Why This Matters

Real self-esteem lasts. It helps you grow into your best self.

Fake self-esteem fades fast and often hides fear or insecurity. When you work on real self-esteem, you build a strong, honest, and loving version of YOU.

“Confidence is silent. Insecurity is loud.”

Strong self-esteem doesn’t need to shout.

Module 3: How Self-Esteem Affects Every Part of Your Life

How You Think and Feel

When you have high self-esteem, your thoughts are more positive. You’re kind to yourself.

You believe you can handle tough situations. If your self-esteem is low, you may think, “I’m not good enough” or “Why bother trying?” That negative voice makes life harder.

Your Choices and Actions

Your self-esteem affects what you choose to do. With strong self-esteem, you take healthy risks, try new things, and ask for help when needed. With low self-esteem, you may give up, stay stuck, or never try.

Friendships and Family

Good self-esteem helps you have better relationships. You know your worth and can say no when something feels wrong. You respect others and expect respect in return. If your self-esteem is low, you might let others treat you badly or hide how you really feel.

School and Goals

Believing in yourself helps you stay focused, work hard, and bounce back from failure. Self-esteem gives you the strength to keep going, even when things get tough. It tells you:

“You’ve got this.”

Mental and Emotional Health

Self-esteem protects your heart and mind. It’s like armor. Without it, you might feel depressed, anxious, or hopeless. But with it, you’re stronger, braver, and more hopeful.

“How you feel about yourself decides how you live your life.”

Self-esteem touches everything. When you grow it, you grow in every direction.

Module 4: 14 Warning Signs of Low Self-Esteem

Know the Signs

Low self-esteem doesn't always scream out loud. It shows up in small, quiet ways. Here are 14 warning signs:

1. You compare yourself to others all the time
2. You feel ashamed for who you are
3. You pull away from friends or stay silent
4. You give up easily when things are hard
5. You think nothing ever goes right
6. You take every little criticism personally
7. You make things sound worse than they are
8. You back down from every disagreement
9. You have trouble saying "no" or setting limits
10. You struggle to make even small decisions
11. You blame others for your problems
12. You slouch or avoid eye contact
13. You can't accept compliments
14. You engage in risky or harmful behavior

What It Means

If you notice several of these in yourself, don't panic. It doesn't mean you're broken. It just means your self-esteem needs some attention and care.

"Awareness is the first step to change."

Now that you know the signs, you can start to fix them—one by one.

Module 5: Check Yourself – Simple Self-Esteem Tests

Time for a Quick Check-In

Let's see how your self-esteem is doing right now. Be honest with your answers—this is just for you.

Test 1: How Often? (0 = Never, 4 = Always)

- I focus on my weaknesses more than my strengths
- I dismiss compliments or kind words
- I compare myself to others constantly
- I feel nervous or awkward around people
- I can't decide what to do, even with small choices

Score:

- 0–5: Strong self-esteem
- 6–12: Needs some care
- 13–20: Time to work on it

Test 2: How Much Do You Agree? (0 = Strongly Disagree, 4 = Strongly Agree)

- I am just as valuable as anyone else
- I like myself and who I'm becoming
- I believe I'm good at many things
- I feel proud of who I am
- I deserve respect from others

Score:

- 0–10: You need to rebuild
- 11–19: You're growing
- 20+: You're on the right path!

“You can't grow what you won't admit.”

Module 6: Habits That Help You Grow Strong

Your Daily Power Tools

Strong self-esteem doesn't come from one big moment—it comes from daily habits. Here are powerful ones you can start today:

1. **Rewrite your story** – Tell yourself a better truth: “I'm growing,” not “I'm failing.”
2. **Use your strengths** – Focus on what you're good at.

3. **Move your body** – Exercise helps both your brain and your self-esteem.
4. **Be kind to others** – Helping someone else helps you feel proud.
5. **Take care of yourself** – Grooming, eating well, and rest matter.
6. **Try new things** – New experiences build courage.
7. **List your wins** – Keep a journal of your progress.
8. **Share what you know** – Teaching others builds confidence.
9. **Do one thing each day that says, “I matter.”**

“How you treat yourself teaches others how to treat you.”

Module 7: Change Your Mind – Thought Patterns That Build You Up

You Become What You Believe

Let’s look at 5 ways to change your thoughts and build real self-respect:

1. **Be your own parent** – Talk to yourself like someone who loves you would.
2. **Shut down the critic** – Ask: “Would I say this to a friend?”
3. **Stop comparing** – Their life isn’t yours, and that’s okay.
4. **Forgive** – Others and yourself. Holding on hurts YOU the most.
5. **Simplify** – A calm space leads to a calm mind. Clean your room, clean your thoughts.

“Change your thoughts and you change your world.”

Module 8: Becoming Your Best ME – Now and Later

What Really Matters

Your self-worth is not about:

- How you look
- How much money you have
- Your grades or job title

It’s about:

- Your heart

- Your effort
- Your kindness
- Your truth

Self-Esteem Over Time

Your confidence may go up and down, and that's okay. You'll grow through every stage of life. Just remember: You are always worthy of love and respect.

When to Ask for Help

Sometimes you need extra support. That's brave, not weak. A trusted adult, teacher, or counselor can help you get back on track.

“You are your own best friend. Treat yourself like it.”

Final Thought

Being your best YOU starts with how you see yourself.

Build your self-esteem every day. Speak kindly to yourself. Take care of your mind and body. Believe that you are enough—and keep going.

“No one else gets to define you. You're writing your own story.”