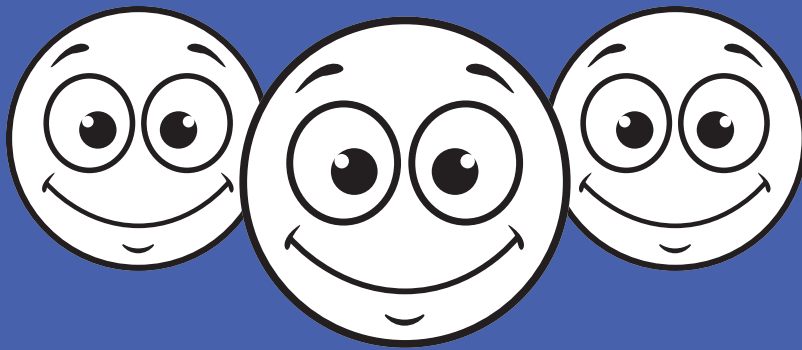


# Hack 11



Me, Myself And I

“

The best friend you'll ever have...  
is yourself.

”

(Y.B)



## One of the most painful parts of my work is meeting young people who are talented, kind, funny, creative, genuinely remarkable, yet cannot see their own strengths and value



I meet teens with so much spark, potential, and goodness, but if you ask them how they feel about themselves, they'll shrug, change the subject, or say something negative. They look in the mirror and miss everything that makes them special. And even if it sounds strange, that breaks my heart.

Sometimes I'll ask a simple question: *"Out of 10, if 1 means you feel like a failure, and 10 means you see yourself as a good, special person who you're proud to be, and 5 is average, where would you put yourself on the scale?"* You'd be surprised how many people score themselves at 1, 2, 3, or 4. And often, it's the people who have the most potential, the ones with so much to give, who struggle the most to see their own real worth.



**My first question to you is: where would you place yourself on that scale? Don't overthink it, just be honest.**

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If you've put a number below 8, then this chapter is certainly for you. This chapter is here to help you understand where that number comes from, how to stop judging yourself so harshly, and how to finally start becoming someone you can believe in. Not someone *"perfect"*. Just someone real and someone worth standing by.





## Avi's story

*When I first met Avi, it wasn't obvious he was struggling with his self-worth. He came across as confident, with a cheeky sense of humour. But by now, I've learned: just because someone seems confident on the outside doesn't mean they are happy with themselves on the inside.*

*When I asked Avi the same question I asked you, to rate himself on a scale from 1 to 10, he looked down and said, "Two". And when I asked him to list three qualities he liked about himself, he couldn't name even two. He had never started looking for the good in himself. I could name six strengths after talking to him for just half an hour! But self-worth isn't about what other people see, it's about what you believe about yourself.*

### Task:



**Why do you think Avi struggled to see his own qualities, even though everyone else could see them?**

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