

Good afternoon everyone,

I want to share a bit of my journey with overcoming depression through transforming my self-perception. A few years ago, I was battling daily struggles, feeling stuck in a cycle of negativity and self-doubt. I realized I was constantly viewing myself through a lens of inadequacy, only seeing my flaws and failures.

The turning point came when I decided to challenge this perception. I started practicing self-compassion and gradually learned to appreciate my strengths and accomplishments, however small they seemed. I embraced positive affirmations and surrounded myself with supportive people who lifted me up.

It wasn't an overnight change, but step by step, I noticed my outlook shift. By viewing myself more kindly and focusing on growth rather than perfection, I began to feel lighter and more hopeful.

Today, I stand before you not as someone who has never faced darkness, but as someone who knows it's possible to step into the light by changing how we see ourselves. Remember, you are more resilient than you think, and transformation begins with the way we perceive ourselves. Thank you.