

# good selfie



**tips + tools for  
teens to nail life**

**plus a's to the q's I get asked most.**

**Turia.**

## acknowledgements

As I mention in this book, nothing is ever achieved alone. A huge shout out to Grace McBride and Ripple Village for their help putting this book together.

Thanks also to Luke Vandenberg from Moss Vale High School for his insights.

## psychologist reviewed

Good Selfie has been reviewed by Eliza Vassallo, a registered psychologist and co-founder of **Child's Play Qld** (a division of a registered Australian Charity called the GRT Foundation).

Child's Play Qld seek to provide high quality, professional, and affordable psychological counselling to children and families. Eliza's long term vision for the future, is that all children, regardless of their family's situation, will be able to come to Child's Play Qld and receive FREE counselling. Eliza's even bigger vision is that the stigma associated with mental health is removed from society and that instead of shying away from the issues of mental health support, we embrace it and become more vocal and honest as a society, about the struggles that we all face and deal with every day.

## note

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# hey legend

I'm so stoked you're reading this, because, well I wrote it for you.

Not in a creepy stalker-y way! 😂

I wrote it for you and the thousands of kickass teens and kids that I meet every day.

See, as an athlete, author and mindset coach I spend a lot of time travelling and sharing my story with people all over the world.

It's interesting, because, no matter who I meet, most of my conversations will end the same way - with people asking me how I can be so positive and confident.

And it's not just in conversations, I see the same thing again and again in the comments of my Facebook and Instagram posts as well as on Twitter and in the emails I get every day.

Out of all the questions I get, I really love the ones I receive from teenagers like you.

I get asked questions about how to get through tough times and crappy days, questions about confidence and how to smash big goals.

**So, I thought, why not collect a whole bunch of these q&a's and share it around? Maybe my answers and strategies could be helpful for you too!**

So that's what Good Selfie is, it's a collection of answers to the questions teens ask me most.



I wrote Good Selfie because I want to share with you the tools and strategies I used - particularly in my recovery after the fire - to rebuild my life and be my best self.

**I'm excited to share them with you.**

Because just like there are things to consider when taking the perfect selfie for Instagram (hello lighting and angles!), there are things you can do to create your **best, most-confident self in real life.**

And just as you'd adjust your camera when taking a selfie, in this book, we'll zoom in and zoom out on some things that will help you form YOUR good selfie.

**After all - we only get one shot at life. This is it. And it's up to YOU to start living the life you want to live.**

Let's get stuck in.

# hey, I just met you and this is crazy, but here's my eBook, read it maybe?

Are you wondering who I am and why I've written this book?  
Well, let me tell you a little bit about me.

In 2011, I was an ex-model and mining engineer when I was caught in a grassfire while competing in a 100km ultra-marathon in the Australian outback. I was choppered out of the remote desert barely alive, with full thickness burns to 65 per cent of my body. I lost seven fingers, had over 200 medical procedures and spent two grueling years in recovery.

Surviving against overwhelming odds, I've rebuilt my life and defied every expectation placed on me.

## **These are some of the things I'm really proud of:**

- I've raised over a million dollars for the charity Interplast
- I've completed two Ironman competitions  
(including the **Ironman World Championships** in Kona, Hawaii)
- I've written two bestselling books;
- Through sharing my story with the world, I've inspired millions to live with more confidence and smash epic goals.



Now, just to talk myself up even more (geez I'm a bit full of myself hey?!)  
I've also been shortlisted for Australian of the Year; was a finalist for the Telstra Business Women's Award and was the winner of the NSW Premier's Women of the Year.

Through my books, online programs and events, I provide the tools to help you step outside of your comfort zone, kick big goals\* and create an EPIC life.

**More than anything, I aim to be living proof that, with the right attitude to life, we truly can achieve anything.**

**\* Did you follow that asterisk here?  
Nice work, partner.**

Let's talk about goals ..... I'm all about setting and getting big goals, but I don't call them that.

I call them Champion Quests. Or champies for short.

It's probably a silly name but one thing you're gonna need to know about me is that I can be a bit silly. After all, if you can't have a laugh, what's the point?!

I call goals 'champies' because, well, I don't know about you, but the word 'goal' always makes me zone out.

And champies shouldn't make you snooze! Champies are EPIC, life-changing things!

# so, what is a champy?

A champy is something you really want to achieve for yourself. It's something that excites you, and even makes you a bit nervous because you know there will be lots of hard work involved in achieving it.

**A champy should stretch you outside your comfort zone and help you to grow.**

I'm gonna be talking lots about champies in this book (there's a whole chapter dedicated to 'em), so this is just a heads up that whenever I say champy, what I'm really talking about are goals or dreams - the big things you want to make happen for yourself.



# how to use this book

Uhhhh, just open it and read it? Hahaha.

No, seriously, it's my hope that you read this book the way YOU want to read it.

You can choose to read it front to back, in one sitting (that's the true sign of a book nerd - I'd know, I'm one of them!), or you can pick it up, open to whatever page you want and read what you like.

## tl;dr

At the end of each chapter is a TL;DR section. If your Mum is reading this book, tell her that's internet speak for Too Long; Didn't Read! It's basically a summary of all the key points discussed in each chapter.



## step by step activities

I've included lots of activities in this book. All of them are exercises that I use in my daily life to help change the way I see my challenges, boost my confidence and create a kick ass life. I'm excited for you to get stuck in, but I'd encourage you to go through each activity slowly.

When we try to do too many things at once, it's easy to get overwhelmed. So just take it one step at a time.

## what this book is

I like to think of it as a guide for living a kickass life, so you can start living life as your best self - your 'good selfie'.

**What's this 'good selfie' of yours? Well, that's the you that's brimming with confidence, the you that knows you're capable of big things, the you that faces challenges head on, the you that doesn't let others define who or what you can be.**

I've been through a big life changing event and it taught me a lot. I can't wait to share some of these lessons with you, however, I'm not a doctor, and I'm not a psychologist.

What I share with you throughout this book is simply my advice and what worked for me on my journey. Remember to always get a professional opinion and to take on board what makes sense for you and your circumstances.

**You do you!**

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## **that's a wrap**

Q: What actually matters in life?

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# got confidence?

Ahhhh, confidence.

**The secret key to life that everyone  
wants.**

I could talk about this for days.

But, to save you that (aren't you lucky?!),  
I've picked three questions that I get  
asked a lot, and answered them for you  
here.

I hope they help you to build your self-  
confidence.

**Q: I don't look like any of the girls I see on Instagram and every time I think about it I feel like crap.....  
- Katie, 15.**

Katie, do you wanna know what I am constantly asked?  
It's "How are you so confident?".

Now, I know people don't mean that in a nasty way, quite the opposite, but what they're really asking is how I can be so confident when I look so *different*.

**There's this perception that the 'better' we look - the more confidence we'll have.**

Now, there's nothing wrong with caring about how you look. I'll be the first to tell you that I love looking my best. I love rocking fresh threads and I'm still trying to find ways to talk myself out of many a purchase at the Mecca Beauty counter. I'll also always explore new medical advancements that will help me smooth my skin and improve my appearance.

But what that boils down to is having pride in my appearance.

If I rocked up to a speaking gig with my teeth not brushed, wearing ugg boots and my pjs, I wouldn't feel confident to speak in front of thousands of people! However, if I've exercised that morning, if I've taken pride in my appearance and put my best foot forward, I'm going to feel more capable and therefore **more confident**.

There's nothing wrong with presenting the best version of yourself to the world. But don't fall into the massive trap of thinking that you have to look a certain way or look like some airbrushed Insta girl to feel confident.

**Because confidence is made up of LOTS of different things.  
Yes, appearance might be one facet. But it's not the only one!**

## side note:

Those girls on Instagram are using **FILTERS**.  
Heard of them?!

**Remember: You can't compare your  
behind-the-scenes with someone else's  
highlights reel!**

On the next page is a selfie I took one day when I was hanging around the house with Michael. Next to it is a pic taken with my hair and makeup done, a team of stylists and a photographer behind the lens, professional lighting and some filters at work.

**What you see on Instagram isn't always  
reality.**



**No makeup selfie.**



**Portrait with just a smidge of makeup and styling... 😂**

## **one more thing:**

If looking at someone's social media feed makes you feel bad about yourself, unfollow them ASAP. Like, right now.

What are you doing? Put this book down and go and unfollow them!



# OK, it's time for a little flashback.

(cue the wavy pictures, wind chimes and soft lighting):

Before the fire, I was a super confident person. I was athletic, I had a good job, I had an awesome boyfriend, I had a big circle of friends, I raised money for charities.

I was killing it and my confidence was sky high.

And then the fire came along and changed everything. I found myself in a hospital bed with my physical abilities completely stripped away.

I was made redundant from my job, I was socially isolated (my friends were all off working and travelling the world, and I was stuck in rehab), I was forced to wear a compression mask that made me stick out like a sore thumb, my

boyfriend became my carer and I was completely dependant on him and my Mum to do the most basic of tasks.

I also lost pride in my appearance - I would wear Michael's t-shirts and track pants with crocs (stylish, I know) and Michael would have to brush my hair on the rare occasion that I let him!

Instead of spending my weekends rock climbing in gorges with Michael, I was spending my weeks at rehab centres and was constantly in and out of operating theatres.

So, yep, as you can imagine, I wasn't feeling confident.



before the fire



during recovery

today



## so, how'd you get it back?

I had to slowly rebuild my ability to do the things that made me feel confident: running, surfing, challenging myself physically, raising money for charities, studying, reading and getting smarter.

I also started taking pride in my appearance again - I started brushing my hair, wearing cool gym outfits and painting my toenails.

All of these 'little things' came together and slowly, my confidence grew and grew.

## I've got a q for you:

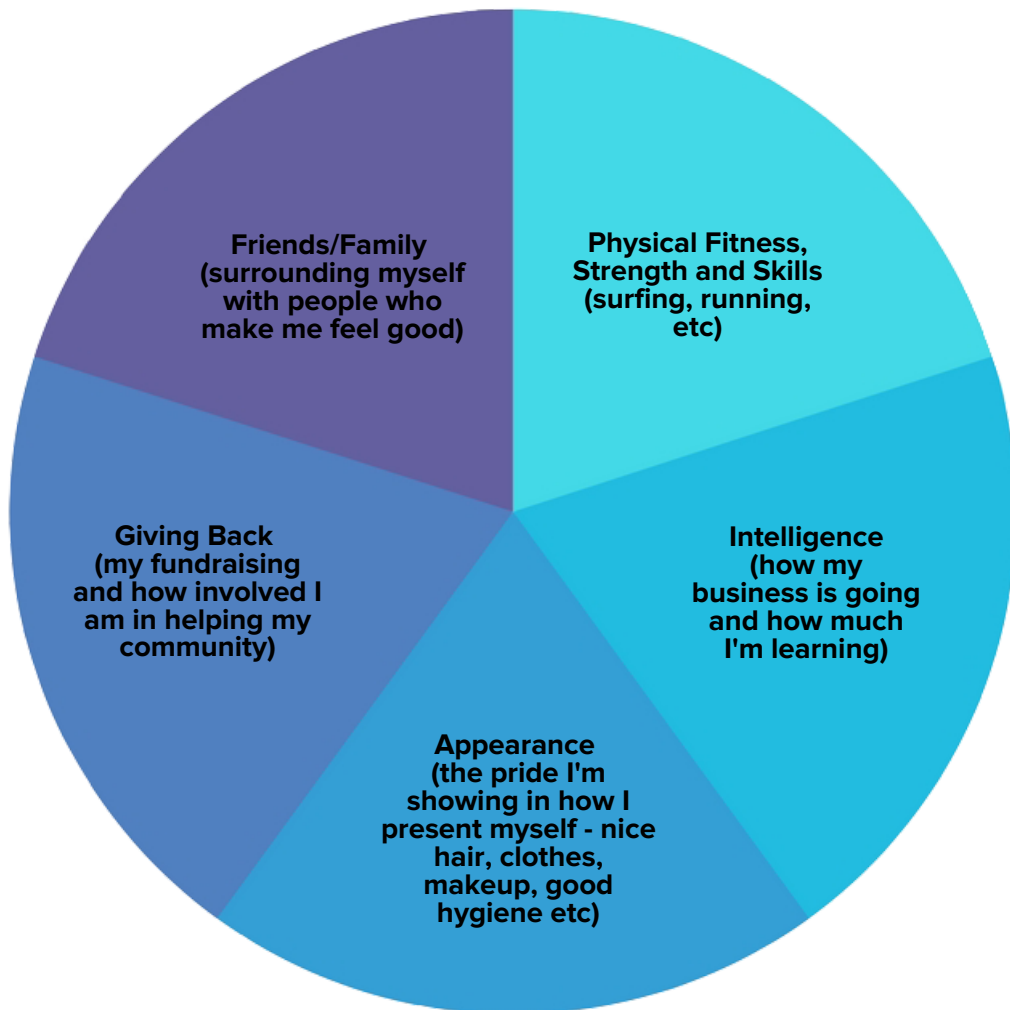
How do you measure your confidence right now? Is it just tied up in how you look? What about your respect\* for yourself, your sporting abilities, how smart you are in class, what a great friend you are, how you help your community?

On the next page is a cool little circle that shows all the ways in which I feel confident. It looks a little like a pie chart, which is why I call it my Confidence Pie (yum?!) 😂

\* When I say self-respect I mean how you treat yourself. Are you kind to yourself, do you look after yourself, do you take pride in your appearance and pride in your abilities?

# confidence pie

Here it is, my delicious little Confidence Pie!  
See how I draw confidence from lots of different things?





# your turn!

I want you to think about all the things that help you to feel more confident and add them to the blank circle to create your own Confidence Pie!

Examples: Maybe you feel your confidence grow when you're playing footy, studying, preparing for a debate, getting your hair braided or raising money for your school?

Remember, this is YOUR Confidence Pie, so be honest with yourself about the things that really make YOU feel confident, not what you think "should" make you feel confident.



# ⚡ danger alert ⚡

**Do you get a little ego boost whenever one of your pics  
does well on Instagram or social media?**

That's ok, (I get it - that happens to me too!) but it can't be the  
only way you feel good about yourself.

One of the dangers is that you're relying on what other  
people think about you to make you feel good, and your  
confidence has got to come from within.



# Q: What can I do to be confident like you?

## - Hayley, 14.

As your Confidence Pie will show you, Hayley, confidence starts with YOU.

### I have some q's for you:

How do you treat your body? Do you fuel up with good food, get enough sleep and move daily (and when I say 'move' that can be anything from walking, swimming, surfing, playing footy, dancing - whatever! Just move that body).

What words do you use to describe yourself? Do you look at yourself in the mirror, pinch your stomach and tell yourself you're disgusting?

Or do you smile at yourself and say "Good morning sunshine!"

(Psst: check out the self talk chapter on Page 46 for more on this).

What are your personal relationships like? Do they make you feel good

about yourself? Or do the people you spend time with bring you down?

See, feeling confident is easier when you're healthy and strong, hanging with people who make you feel great and being kind to yourself.

**Start building healthy habits in these areas and your confidence will start to skyrocket.**

But, here's an important tip - just pick **ONE** area to work on first. When you try to do too many things at once, it's easy to get overwhelmed.

Maybe you can start with drinking more water, walking every day, or getting more sleep? Once that becomes a habit, you can pick something else to work on.  
**Simple!**





## one more thing:

**Have you ever heard the saying "What you focus on is what you'll find"?**

What that means is that the more you think about something, the more power you give it.

So, if you're always thinking about how you failed that Maths exam, the more stupid you'll feel. But if you can focus on all the subjects at school that you're great at, are you gonna feel dumb? No way!



# wanna break this down even more?

Have you ever noticed that after you make a mistake, say the wrong thing or put your foot in your mouth (not literally of course, unless you're an ex-Olympic gymnast! 😂), you ask yourself questions like "Why am I such an idiot?", "Why do I always stuff up?" or "Why can't I do anything right?".

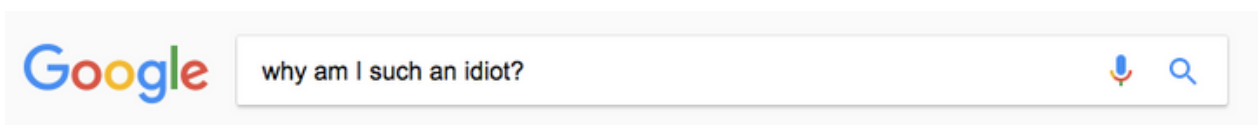
In our brain, we have what's called the RAS - the Reticular Activating System (bear with me here - that's as science-y as I'm gonna get, I promise).

The RAS is basically a mini Google inside your head. So, when you ask yourself a question, it's like typing that question straight into your internal Google search bar.

## **Whatever you search for, you'll find.**

So, if you wanted to buy a cool pair of kicks, you'll start to notice the ones you want everywhere. Your RAS presents evidence for the things you think about or ask questions about.

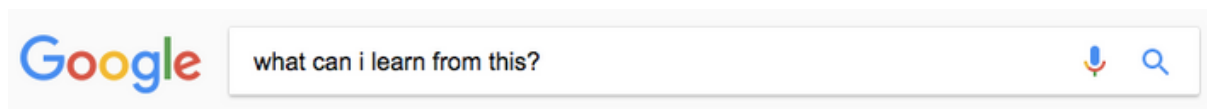
Likewise, if you make a mistake in an exam and immediately ask yourself a crappy question like, "Why am I such an idiot?" your brain will start searching for evidence to prove that you're an idiot! All of a sudden you'll start thinking about all the other times you've messed up.



# your RAS doesn't discriminate.

It will just find the answers to the questions you ask.

So if you ask yourself a better question like, "What can I learn from this?" - your brain will start the search and come up with answers that are more helpful. Something like "Maybe next time I can get someone to help me practice for that exam".



Your mindset is critical for failure or success. And part of the shift in mindset is simply asking yourself better questions.

# Q: You always seem so confident, do you ever have days where you feel self conscious?

## - Tim, 16.

**Yes, you bet I do!**

Everyone feels self-conscious sometimes - even pro-surfers, models, neurosurgeons, presidents and footy stars. It doesn't matter how attractive people find you, how smart you are or how good you are at something - no one is immune to feeling unconfident and self-conscious.

**It's ok to feel self conscious sometimes.**

On the days I feel self conscious, I have three options available to me:

### one

I can choose to just accept it, and wallow for a while. (Wallowing means letting yourself really feel whatever it is you're feeling). I decide to just let myself feel uncertain and a bit down. That's ok. But I usually give myself a time limit, otherwise I can find myself feeling bad for a whole day!

So, I give myself an hour just to feel it, and then I go and do something that makes me feel better.

### two

I do something that makes me feel good. I have a list of things that always make me feel positive. It includes: going for a surf, reading a good book, hanging out with mates, going for a run.

All of those things make me feel positive and in charge.

## three

The third option is for those times when, for whatever reason, I can't wallow OR do something to make me feel better. In those cases, I just have to OWN IT.

I'll give you an example.

I remember this time I had to travel for a speech. It was just a few days after I'd had laser surgery on my skin, which makes my face and neck really red and sore. I was walking through the airport and, maybe it was just my imagination, but I just felt like everyone was staring at me.

To be honest with you, I started to get upset. But you know what? Sometimes, you've just gotta remind yourself that no one else's opinion or judgement matters. And so I thought to myself "Stuff it! You've gotta own this like a boss".

**Because, here's the thing:**

**If you can't own yourself, no one else is gonna do it for you.**

So, maybe you feel self conscious right before you walk into an exam. You can't head out to throw the footy around or watch a funny movie, and you can't afford to wallow because that might affect your performance. That's a time when you've gotta just put your chin up, act brave and confident and OWN IT.

**PS** - There's a TED talk by Amy Cuddy that I really love. It's all about how your body language can help you feel more confident. So, pulling your shoulders back and acting brave will actually make you feel brave! **Check it out here.**

## that day at the airport

I even went so far as to post a selfie on social media (check it below).



I'm not suggesting you have to post a photo next time you get a big pimple or cold sore and feel self-conscious about it, I just want you to know that the world doesn't end every time you feel self-conscious. You're gonna be ok.

People can be mean. People do judge - we can all judge sometimes. You can't control that.

So you need to focus on what you can control - your reaction. Pull your shoulders back and own it like a boss.

**So, to answer your q, Tim, when you feel self conscious you've got three options:**

- 1. Allow yourself an hour to feel it, then move on.**
- 2. Do something that makes you feel good.**
- 3. Own it.**





- 1.** Confidence comes from a lot more than just what we look like.
- 2.** Confidence begins with YOU. Look after yourself, and work on making your self talk POSITIVE.
- 3.** You'll always find what you're looking for, so start looking for the positive.
- 4.** Feeling insecure? Wallow for an hour, do something fun or own it like a boss!
- 5.** Everyone feels self-conscious sometimes, and that's ok.

**I am not  
what  
happened to  
me, I am  
what I  
choose to  
become.**

 **CARL JUNG**

# want the rest?

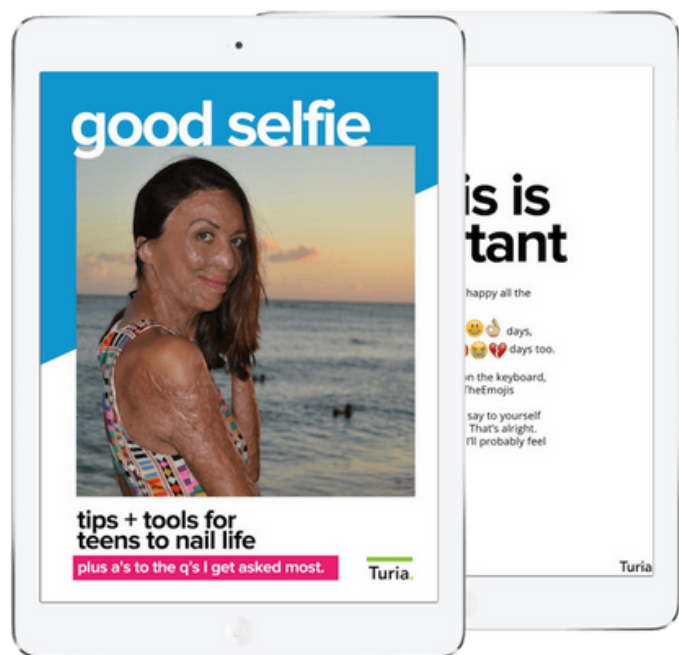
I don't blame ya!

You can get the rest of Good Selfie [here](#).

## Still not sure what this book is?

Well, in a nutshell - teens ask me epic questions like how to be more confident, how to get through crappy days or hard times, and how to achieve big goals. Good Selfie answers.

It's a psychologist-reviewed eBook – where I answer the questions teens ask me most PLUS share all my best tips & strategies to nail life.



**GET GOOD SELFIE**

*"Like Turia herself, Good Selfie is funny and wise and fierce and practical. But most of all just reading it makes you feel stronger and more resilient. This book equips teens with the skills to navigate everything from heartbreak and humiliation to bad grades and bad friends.*

*By sharing the bounce-back skills she's learned over the past five years, Turia has given our kids a gift. Grab it with both hands. If there was one book I think every Australian teenager should own – it's this one."*

**– Rebecca Sparrow**

Author of *Find Your Tribe* (and 9 other things I wish I'd known in high school)

**Turia.**

# mental health resources

**As I say in this book**, if you're having a hard time or maybe feeling anxious or depressed, **I really encourage you to seek support.**

My psychologist was instrumental in my recovery process and it's always ok to ask for help.

I've listed some Australian resources that you can use to get started here:

## **headspace**

The national youth mental health foundation dedicated to improving the wellbeing of young Australians  
Visit [headspace.org.au](https://headspace.org.au) or call 1800 650 890.

## **Reach Out**

Reachout.com helps under 25s get through everything from everyday issues to tough times.  
[Visit reachout.com](https://reachout.com).

## **Lifeline**

Crisis support and suicide prevention.  
Visit [lifeline.org.au](https://lifeline.org.au) or call 13 11 14.