

Developing a Positive Body Image

Turn negativity into positive and powerful energy!
Choose 5 of the following positive activities to practice every week.

- Exercise for the joy of feeling my body move and grow stronger.
- Participate in healthy activities that make me happy. I deserve to do things that I enjoy!
- Wear clothes that are comfortable and make me feel happy.
- List at least 5 good qualities that I have, such as, understanding, intelligence, or creativity. I can repeat these to myself whenever I start to feel bad about my body.
- Surround myself with people and things that make me feel good about who I am.
- Treat my body with respect and kindness. I will nourish it, move it, and listen to its needs. My body will carry me to my dreams!
- Appreciate all that my body can do.
- Remind myself that beauty is a state of mind, not a state of my body.

Show your body some appreciation: Do something nice for your body that you can enjoy. Take a bubble bath, paint your toe or fingernails, read a book, make time for a nap, pet an animal, find a peaceful place outside to relax. The options are endless!

