



## My Body

Use this guide to reflect on your body image. Just like everything in your journal, it is only for your eyes. You can be completely honest with yourself here.

Write down words that come to mind when you describe your body. Think of height, body shape/type, weight, hair texture/color, skin, hands, feet

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With a marker or pen, make a circle around the things you like about your body.

Now look at the things you didn't circle. Are those the things you don't like about your body?

What can you do about them?

- ✓ Remember that you are inside and outside. The really important part is your thoughts and emotions that make up the inside you. Your outside appearance is just one part of the picture of YOU.
- ✓ Who you are also includes your skills, talents, strengths and personality. By now working in this journal, you should have a pretty good idea of your strengths.
- ✓ Don't be afraid to stand in front of the mirror and look at yourself.
- ✓ Don't think about what you think you want to look like.
- ✓ Instead, see that the human body is beautiful!
- ✓ Also remember you are changing and growing into an adult. All of middle school is a challenge because parts of you grow at different rates and you are in the process of developing.
- ✓ Be patient. Learn to love the things you like.
- ✓ If you eat healthy, nutritious food it will help you to look and feel your best self.
- ✓ Do regular exercise. Walk, run, hike, dance, do sports, throw some hoops, go get a few kids together to have a baseball game. Do whatever gets you off the couch and gets you "moving"!

Why do you think so many people wish they looked differently than they do?

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What advice would you give to your friend if she/he told you they didn't like their body?

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