

Be Your Own Inspiration



Working towards self-
acceptance and a
better relationship with
your body



5 words that describe my body...

1. _____

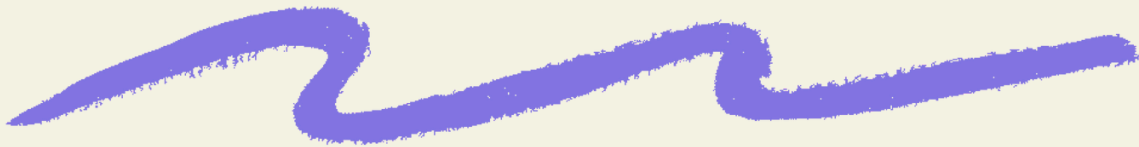
2. _____

3. _____

4. _____

5. _____

Are these words kind or hurtful?



5 positive things about my body...

1. _____

2. _____

3. _____

4. _____

5. _____

Hint: think about what your body can do,
not just how it looks

Do others see my imperfections the way I do?

Think about your loved ones – family, friends, partner, whoever is important to you and consider the following questions:

1. What do they love about me?

2. Why do they like spending time with me?

3. Would our relationship change if my looks changed?

4. What would they say to me in a moment of self doubt?

What makes me develop negative thoughts about myself?

Our beliefs about ourselves start somewhere. Take a look at this list and tick any that make you view your body in a different way:

- **Celebrities/Influencers**
- **TV shows/Movies**
- **Friends' appearances on social media**
- **Friends' appearances in real life**
- **Comments from others (friends, family, strangers)**
- **Anything else?**

What can I do to stop exposing myself to content that makes me feel bad?

1. _____
2. _____
3. _____
4. _____
5. _____

What do I do for myself?

What do I do for others?

Which of these self care routines do you do because you feel like it and they make you feel better in your body? And which ones do you do so that others will like the way you look? You may do some for both reasons!

	For myself	For others
Hair		
Make-up		
Dressing nicely		
Exercise		
Nails		
Anything else?		

Now imagine you are on a desert island with no one else around. How many of these would you still do?

What else makes me happy?

People?

Hobbies?

Experiences?

Does my appearance influence these things?

Do my looks influence my relationships?

Do my looks affect my hobbies?

Do my looks impact the way I experience happiness?

My encouragement quotes:

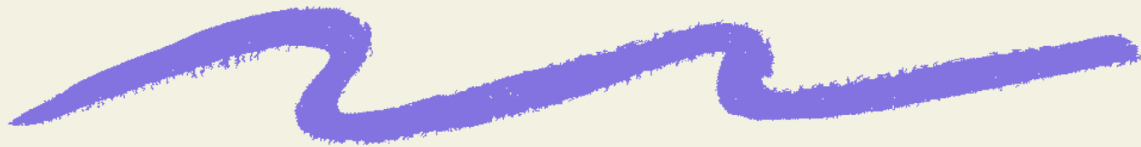
I like my body because it lets me do...

I like my body because it lets me experience...

I like my body because it lets me be...

I like my body because it lets me see...

I like my body because it lets me feel...



My empowerment quotes:

My body is a tool to live life, not a nice thing to be looked at.

What I see in the media is not reality.

I don't need to be pretty in order to be happy.

My body is what I have, not who I am.

I won't let others objectify me.

Fact or Opinion?

Consider the things you think about your appearance. Are these facts, or are they your opinion?

Fact:

- **Supported by evidence**
- **Undisputable**
- **Driven by logic**
- **Come from our head**

Opinion:

- **Based on a belief or personal view**
- **Arguable**
- **Driven by emotion**
- **Come from our heart**

[illegible]

Checking Behaviours

1. Who do I ask for reassurance about my appearance?

2. How often do I do this in a day?

3. What are the advantages of me doing this?

4. What are the disadvantages of me doing this?

5. Do the advantages outweigh the disadvantages?

6. Does doing this solve the problem? Or does the problem come back?
