

Body Image

1. Do you feel like your outside appearance is a good representation of “the real you?”
2. When do you feel happiest in your skin?
3. What is something you are thankful for when it comes to your body?
4. When do you look and feel your most confident?
5. What is your body good at doing?
6. What do you see when you look in the mirror?
7. Take a single selfie right now just as you are. What do you like about it?
8. What do you do to take care of your body? How can you take better care of it?
9. When you think about your body, what is the first thought that pops into your head?
What is the first thought you would like to pop into your head?
10. If your body were your best friend, how would you treat it?

