

## EPISODE 9 POSITIVE BODY IMAGE DOWN LOADABLE HANDOUT 1

Ladies, here is a couple of exercises that you can do to help you have positive body image if you don't, or to accept your body, if you don't.

**EXERCISE:** *Draw a picture of your body on the piece of paper.*

*It doesn't matter how realistic or artistically appealing the picture is.*

*Examples:* Curly hair, straight hair, strong broad shoulders, freckles, my mom's eyes, big eyes, round eyes, tiny hands, little boobs, big boobs, being tall, being short, being perfectly average height, full lips, naturally pink lips, flexible toes, light skin, dark skin, clear skin, "innie" belly-button, strong legs, butt dimples, crooked pointer- fingers, curvy hips, and much more....

After drawing the picture, make a list of all the things you like and appreciate about you're body. This "things I like" list can be as long as you would like to make it, but it must contain at least five things. Be detailed, not just "I like my eyes." Be specific about what is liked: the shape, color; they remind me of my grandma's eyes. What was the exercise like for you? Do you have a positive body image?

It's okay and healthy to have mixed feelings about our bodies. How amazing is it to imagine that the mix could

be mostly positive instead of mostly negative! I encourage you to keep your picture and list, and remember how you felt doing this activity. You can do this exercise as often as you like. Your body changes throughout the years.