

## **EPIISODE 9 POSITIVE BODY IMAGE EXERCISE FREE DOWN LOADABLE**

Ladies, here is another exercise you can use as a tool for positive body image.

**EXERCISE:** Don't over think these questions. Ask yourself and write on a piece of paper "Is my body image positive? How do I feel when I look in the mirror? How do I feel when I see pictures of attractive people in magazines, on TV, or social media? What do I think other people think about how I look? Does this matter to me?

Do I ever avoid activities, such as exercising? Or do I wear baggy clothing because I am uncomfortable showing my body?

How do I reply when people compliment how I look?

What are five favorite things I like about my body? Name more if you would like to.

Do I often feel jealous of other people for the way they look? Do I compare myself to others? How does this make me feel?

**EXERCISE:** Create affirmation cards that represents your positive body imagine.