



BODY IMAGE JOURNAL SHEET

NAME:

SUPER POWER:



X X X X X X

Use these questions to reflect on your body image and how it impacts you. Until we start exploring our feelings around body image, we never really fully understand how poor body image affects us.

You may have good and bad days and anything in between, that is completely normal. But we do want to make those days where we have poor body image become less and less.

Do this reflection in a way that is non judgemental, this isn't your fault, this is all about curiosity.

**We know that body image can impact us in so many different ways.
Have you experienced any of these? Which ones?
Write an example if you would like.**

Now you have had a chance to reflect on how body image impacts you, how do you feel?



How does knowing how poor body image affects other people make you feel?

Describe what a day would be like if you woke up feeling neutral (neither bad or good) about your body.

How might your actions impact how other people feel about their body?

What do you have in your power to change to improve your body image and the body image of those around you?

Have a look at the below affirmations. Do any of them resonate with you? What affirmations could you create yourself that might help to nurture your body image?



My body
is my
home



I nourish
my body



I am
kind to
my body



I am
enough



I listen
to my
body



My body,
my rules

TIP: TAKE A PHOTO OF THESE AND KEEP THEM ON YOUR PHONE TO REMIND YOURSELF OF, OR CUT THEM OUT AND KEEP ONE IN YOUR WALLET.