

Perfectly Unique. Perfectly Imperfect. BODY ACCEPTANCE WORKSHEET

The strongest part of my body is...	The weakest part of my body is...
The biggest part of my body is...	The smallest part of my body is...
The part of my body I am most proud of is...	The part of my body I hide the most is...
The part/feature of my body I get complimented on the most is...	The part(s) of my body I want to work on accepting more is/are ...

Tell this to yourself at least once a day:

I am so much more than my outward appearance. My body is perfectly imperfect. I am unique, in that no one else on earth has my soul or my body. My body carries me, and therefore my body is something to honor, care for, and not take for granted. The soul within my body is the real me, and the outside is forever, constantly changing and growing. I want to take care of myself and I deserve to feel good and healthy in my body. I accept my body.