



MOVING AHEAD: The Challenge

Body Image Worksheet

Regarding your weight and other body attributes, what habits and/or personal values would you like to keep the same?

1. _____
2. _____

What habits and/or personal values would you like to change?

1. _____
2. _____

Regarding your physical health, what habits and/or personal values would you like to keep the same?

1. _____
2. _____

What habits and/or personal values would you like to change?

1. _____
2. _____

List some good qualities that you have, such as compassion, open-mindedness, or innovation. Repeat these to yourself whenever you start to have negative feelings about your body.

1. _____
2. _____
3. _____
4. _____

List 3 reasons why it's ridiculous for you to believe that other people are happier or "better" based on how much they weigh or how big they are. Repeat these reasons to yourself whenever you compare your body shape or weight to someone else's.

1. _____
2. _____
3. _____

