



Body Neutrality Worksheets

Your Path to Body Neutral Views

Write a body-neutral statement, then choose the icon based on what you want to improve and use the stars to rate yourself in that area.



Positive Self-Talk






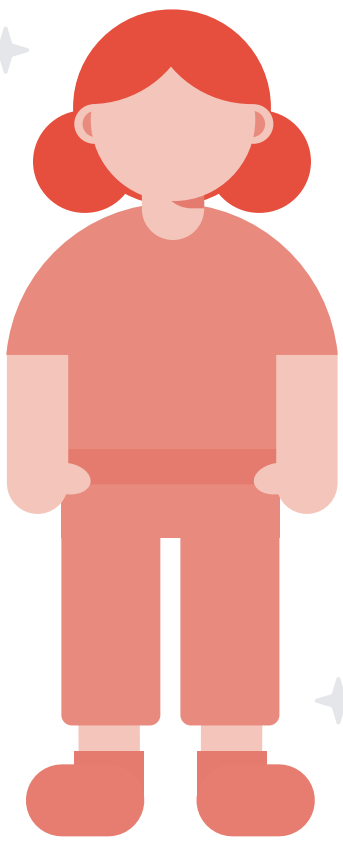
























Regular Checkups



Regular Fitness

Example: *I love my feet because they help me walk.*



<p>I love my hair because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>		<p>I love my facial features because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>
<p>I love my skin because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>		<p>I love my chest because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>
<p>I love my arms because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>		<p>I love my stomach because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>
<p>I love my hands because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>		<p>I love my legs because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>
<p>I love my feet and ankles because:</p> <p>_____</p> <p>_____   </p> <p>_____</p> <p>_____</p> <p>_____ <input type="text" value="☆☆☆☆☆"/></p>		

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My View Improvement Plan

How are you going to strengthen your ratings?
Set goals in the sections below to improve your body-neutral views.

Body Part

How I will improve my rating: _____

How often will I do this?

Daily

Weekly

Monthly

How many times a day, week or month?

Body Part

How I will improve my rating: _____

How often will I do this?

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How many times a day, week or month?

Body Part

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