



**LEARN TO LOVE  
YOUR BODY**  
POSITIVE BODY  
IMAGE WORKBOOK

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## HOW DO YOU VIEW YOUR BODY?

What view do you have of your body? Do you look in the mirror and think *great*, with a massive smile on your face? Or, are you hesitant to respond? That's okay, you are not alone in your desire to change your body or simply work on improving your body image.

Body image is a common problem today, particularly for women. We are constantly overwhelmed by images and advertising that highlights specific body types. It's on the television shows you love, the movie stars you prefer, magazines and commercials, and now social media. It's no wonder we are all struggling with body image.

To counteract the negative glut of images, you can build a positive body image. It's all about learning to love your body, whatever package you are in. If you feel unattractive, if you feel down on your body, then let's work through it! It doesn't matter how big or small you are, you deserve love and you deserve respect (starting with yourself).













## POP QUIZ

The idea behind this quiz is to gauge how you react to situations and determine what path you'd like to take. Remember, there are no wrong answers here. This is down to you the individual. Select the most appropriate answer for each. At the end of the quiz, you will find the answer key to tally your score and learn what your responses mean for you.

1. When you look in the mirror, what do you think?
  - A. I am happy with what I find in the mirror.
  - B. I should spend more time at the gym and eat less.
  - C. I feel great, who cares what I look like?
  - D. Fine, I could probably look better, but I look okay.
2. How do you react when you experience success?
  - A. I want to celebrate, I'm proud of my achievements.
  - B. I couldn't have done it without my support network.
  - C. I don't know why everyone wants to celebrate, it's no big deal.
  - D. I should have done better.
3. Thinking back on your life and the situations you find yourself in, do you stand up for yourself?
  - A. I don't let people use me as a doormat, I'm an assertive person.
  - B. I'm not pushy with others, but I try to solve the issues.
  - C. I'm more likely to complain about it, I don't really try to fix the problem.

- D. I walk away, and I keep it to myself.
4. Your friend is in the midst of a crisis, how do you react?
- A. It doesn't matter what time of day (or night) it is, I will rush to help them.
  - B. I hang back until their crisis has subsided.
  - C. If they ask, I will happily provide advice.
  - D. I don't like to offer advice, but I am happy to stand by their side.
5. You have been out clothes shopping all day, you're finally home. How do you feel?
- A. Angry and disappointed that brands don't offer my size.
  - B. Unhappy because I'm disappointed with my clothing size.
  - C. Great because I just bought new clothes!
  - D. Confident because I bought new clothes that look great on me.
6. What is your favorite way to spend the weekend?
- A. Wake up later than normal and spend the day reading.
  - B. Long lunches with friends.
  - C. Shopping for clothes.
  - D. Taking a long walk, bike ride, other physical activities.
7. What do you generally have for breakfast?
- A. Toast/Cereal

- B. A cooked breakfast
  - C. Yogurt/Fruit
  - D. I skip breakfast.
8. When you come to an obstacle, what do you do?
- A. I just give up.
  - B. I find a solution and I refuse to take no for an answer.
  - C. I throw a bit of a tantrum.
  - D. I change course.
9. You have just finished a holiday meal, how do you feel?
- A. Satisfied but bloated.
  - B. Guilty.
  - C. Ready for dessert.
  - D. I didn't overeat so I'm happy I restrained myself.
10. You are at a party and you don't know anyone there, how do you react?
- A. Leave as soon as I possibly can.
  - B. I join in.
  - C. I look for someone who looks as lost as I do and introduce myself.
  - D. I find a quiet corner to hide in.

11. You're getting ready, you choose your outfit, but it no longer fits. What do you do?
- A. I put it back, I might lose weight and wear it again one day.
  - B. I plan my diet.
  - C. I throw it away or donate it.
  - D. I give it to one of my friends.
12. You know you should exercise, but how much exercise should you do?
- A. An hour of exercise every day.
  - B. An hour of exercise every couple of days.
  - C. Half an hour of exercise every few days.
  - D. Pushing the car around the grocery store is plenty.
13. When someone compliments you, how do you react?
- A. Tell them they are wrong.
  - B. Thank them, even though you don't believe it.
  - C. Thank them and feel great about it.
  - D. Divert attention because it makes you feel uncomfortable.
14. You have stepped on the bathroom scale; how do you feel when you notice the number has climbed?
- A. The world is ending.
  - B. Who cares? It's only a number.
  - C. I feel guilty because I haven't been paying enough attention to my diet.

- D. The scale is obviously broken, I haven't gained weight.

15. Describe your friendships...

- A. I have a lot of friends, but I don't feel like I have anyone to confide in.
- B. I have a handful of tight friends who I share everything with.
- C. I have a lot of friends and they know everything about me.
- D. I have a handful of close friends who tell me everything, but I don't respond in kind.

16. You've just had an argument with someone close to you, how do you feel?

- A. Guilty because I believe it was my fault.
- B. I feel angry because they are wrong.
- C. I feel rational and clear-headed, there are two sides to every disagreement.
- D. I'm happy because I won that argument.

17. The personality trait I value most about myself is...

- A. My sparkling sense of humor.
- B. My sensitivity.
- C. My reliability.
- D. My intelligence.

18. You can change one thing about yourself, what is it?

- A. My weight.

- B. My height.
- C. The shape of my body.
- D. Something else.

19. Which description best fits you?

- A. Shy
- B. Humble
- C. Passionate
- D. Unrestrained

20. Think about who you admire or look up to, who is it?

- A. Family and friends.
- B. Athletes.
- C. Musicians or actors
- D. Colleagues

Tally your score

1. A – 3, B – 1, C – 4, D – 2.
2. A – 3, B – 4, C – 2, D – 1.
3. A – 4, B – 3, C – 2, D – 1.
4. A – 1, B – 3, C – 4, D – 2.
5. A – 2, B – 1, C – 3, D – 4.
6. A – 1, B – 4, C – 2, D – 3.

7. A – 1, B – 4, C – 2, D – 3.

8. A – 1, B – 4, C – 2, D – 3.

9. A – 3, B – 1, C – 4, D – 2.

10. A – 1, B – 4, C – 3, D – 2.

11. A – 2, B – 1, C – 3, D – 4.

12. A – 1, B – 2, C – 3, D – 4.

13. A – 1, B – 3, C – 4, D – 2.

14. A – 1, B – 4, C – 2, D – 3.

15. A – 1, B – 3, C – 4, D – 2.

16. A – 1, B – 2, C – 4, D – 3.

17. A – 4, B – 1, C – 3, D – 2.

18. A – 1, B – 3, C – 2, D – 4.

19. A – 1, B – 2, C – 3, D – 4.

20. A – 4, B – 2, C – 1, D – 3.

## Take Action Based On Your Score

### **Now determine your score.**

**I scored between 20 and 34.** You need to learn more about what body image means. I want you to reflect on the following statement and compare it with the definitions you provided above.







I scored between 66 and 80. Are you ready for a challenge? Let's go!

How many times have you heard someone close to you talk about the latest diet that they are going to try? How many times have you heard someone close to you mention that they are fat, overweight, obese, or just downright ugly? How often are you the person that starts conversations like that? These are common conversations; some people have a conversation like this daily. If you are struggling with body image, then these are not helpful conversations. Here's your challenge.

1. Take note of how often someone mentions their weight or dieting.
2. If it comes up, actively change the subject, or leave the conversation.
3. Pay attention to what you say to others and change the topic if you bring up weight or dieting.
4. Share your challenge with others and encourage them to try.
5. At week's end, tally the number of times weight, dieting, negative body talk has come up.
6. Use this opportunity to praise what you love about your body.

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On the left side of the table write what you usually think or say to yourself when you look in the mirror or think about your body, on the right side replace that script with something positive. If you are struggling, ask a friend you trust or family member to help you come up more positive things. We started you off with some examples.

Negative Script	Positive Counter Script
I hate my thighs.	I love how I look in this dress.
I am so fat.	Today, I will make a commitment to eat healthy.
Why can't I look like the girl in the magazine?	I am a real person, girls in magazines are photoshopped and altered to look perfect.
I look awful in this outfit.	I love how I look in this outfit. It is flattering to all my great features.
Ugh, why can't I have bigger lips.	Look at how beautiful my hair looks and my eyes glimmer with joy.
I wish I looked more like Susan at the office, she has a great body.	I love my body just as it is, there is no comparing to anyone else because I am a unique and amazing individual.




## Working out

Research finds regular exercise helps improve your self-esteem. Make a workout plan, aim for 150 minutes of exercise per week: walking, jogging, biking, hiking, doing yoga, or lifting weights. Make sure to add a rest day.

7 DAY PLAN	TIME	EXERCISE I WILL DO
Monday		
Tuesday		

Wednesday		
Thursday		
Friday		
Saturday		
Sunday		











several times per day or even on a daily basis, all it does is places focus on negative body image issues and causes anxiety.

## Control Social Media Consumption

Social media is flooded with heavily filtered and highly edited photos that you're relying on to tell you what you *should* look like. Try to unfollow accounts that assert unrealistic expectations for your body, such as very skinny models. Do your best to limit how long you're on social media to just a few minutes daily. Ditch the fashion magazines too.

### Make a plan to limit social media

Day Of Week	What will I do on Social Media and time limits – my plan
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Saturday	
Sunday	

## Limit Mirror Time

It's hard to completely get away from mirrors, as they're in your bedroom, bathroom, and just about everywhere in public. All you need is a few minutes in front of the mirror before you leave the house in the morning.

**Commit to yourself right now to limit your time in front of the mirror, be specific:**

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List all the wonderful things about you that like and love, list at least 15 things. If you are struggling, ask a trusted friend or family member.









## Consider Going To Therapy

It's okay to admit that your body image issues have gotten a little out of control and that you need outside help. Going to a therapist or a counselor can help you to work through your feelings, understand your triggers, and learn the best way to cope with these negative thoughts.

### Talk about it

The only thing more stressful than having a negative body image is being forced to keep these thoughts to yourself. Find somebody that you trust and talk about your insecurities relating to your appearance.

### List the people you can talk to:

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## Get A Makeover

Extremely poor body image could be what leads you to ditch the idea of improving your appearance altogether. Instead of settling for what you currently look like, head to the salon or the tailor and get a makeover. Try a new hairstyle or hair color, get your nails done, buy a whole new wardrobe, or even go to the tanning salon.

## Focus On Your Health Instead Of Your Weight

Your preoccupation with the number on the scale is likely doing more harm than good. After all, your health data is much more important than your body weight. Instead of celebrating a loss of 10 pounds, celebrate a lower blood pressure, cholesterol level, or risk of certain chronic health conditions.

## Surround Yourself With Good People

There's a pretty good chance that your body image issues are stemming from the beliefs and generalizations of those in your circle. Perhaps your friends are hyper-critical of the appearances of others or they themselves struggle with low self-esteem.





## Visit Your Doctor

You probably have an image in your mind of what you want to look like, but it just isn't realistic. That's why you'll want to pay your doctor a visit and see what they recommend in terms of health goals. You may learn that your ideal body weight isn't healthy for your height or that your exercise routine is actually dangerous.

## Find Hobbies That Keep You Occupied

It's possible that you're preoccupied with your appearance because you're unable to keep your mind busy during the day. Examples: hiking, biking, painting, playing guitar, fishing, ceramics, puzzles, writing, poetry, or anything else.

**List hobbies you enjoy or want to try:**

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## Create Realistic Goals

It might be entirely reasonable for a person with your frame to lose 20 pounds. The problem is that it's *not* reasonable to lose this weight in two weeks. Setting unrealistic and unhealthy goals increases your chances of not reaching them at all. This also puts you at risk of taking extreme measures to reach them on time.

## Compliment Other People

You know how hard it is to struggle with poor body image. You also know that the majority of people might struggle to accept the reflection they see in the mirror. Do your best to give genuine compliments to those close to you and even strangers. This can help someone else with their body image and make you feel good.

**Brainstorm how you will do this, be specific about the who, when and what you will say:**

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## Do Your Research

As much as you want to believe that you can lose a ton of weight in just a few short days or change the structure of your body with a new product, there's a chance that you're being intentionally misled. Make sure that you're only depending on reliable online sources and your doctor when you're considering what you should and can look like. Learn how to lose weight safely and permanently from the [Healthy Habits for Weight Loss course](#).