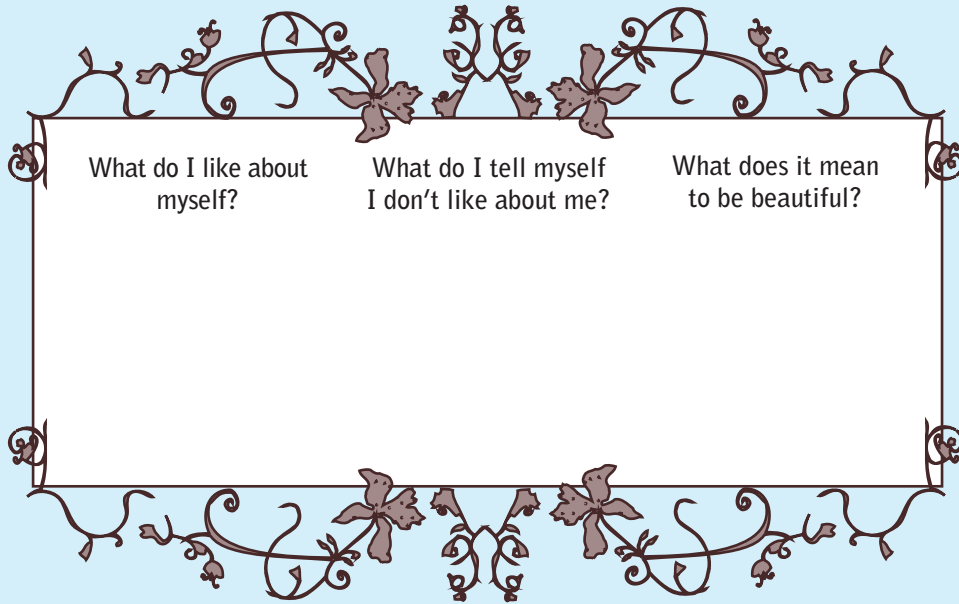


mirror image

When you look in the mirror, what do you see?

SPEND 10 MINUTES ALONE IN A QUIET SAFE SPACE IN FRONT OF A MIRROR AND THINK:



What do I like about myself? What do I tell myself I don't like about me? What does it mean to be beautiful?

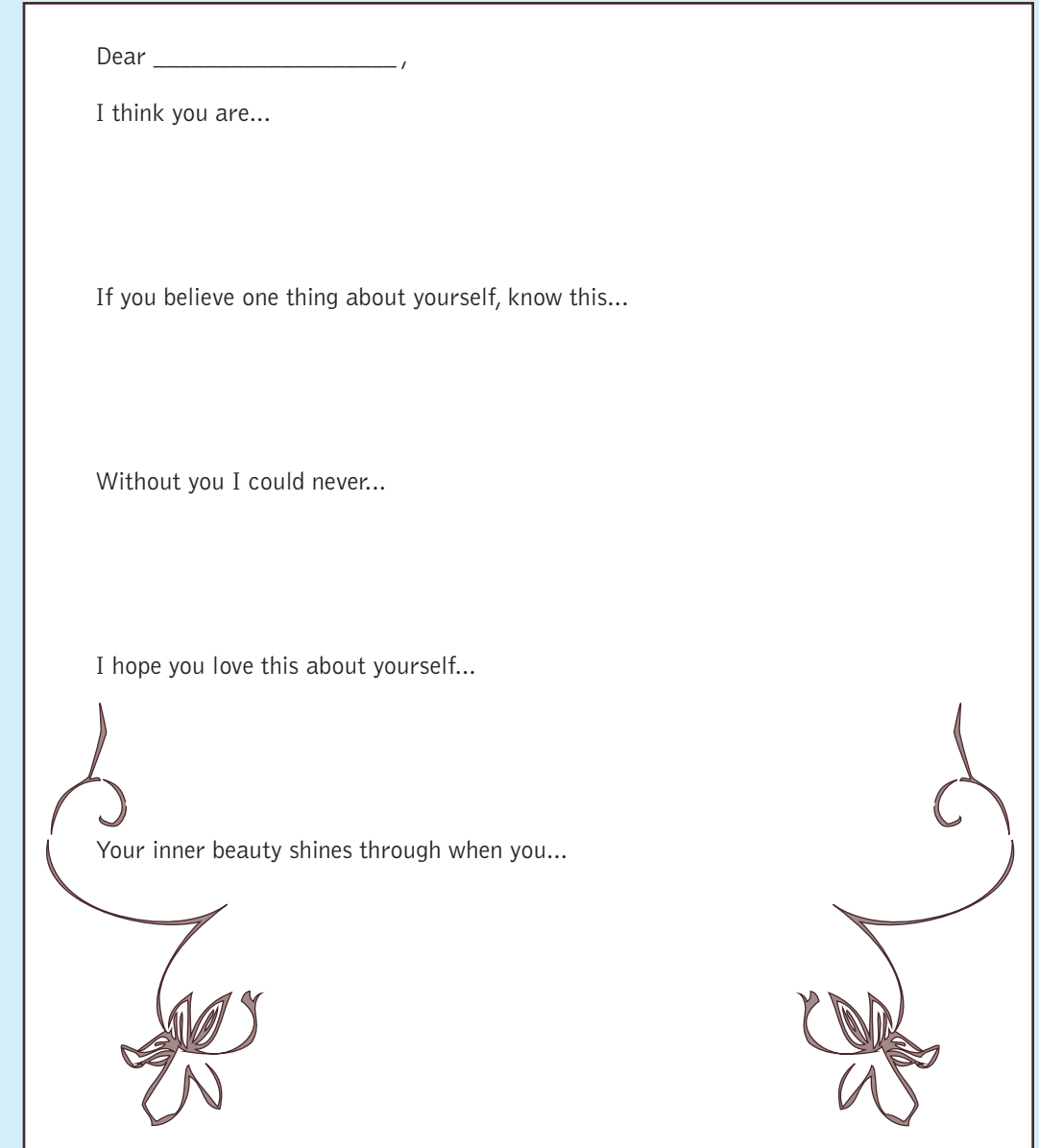
TAKE A DEEPER LOOK AT YOUR ANSWERS ABOVE AND THINK:



To which physical attributes do I attach importance? From where/whom am I getting those messages? To whom do I compare myself? Why?

letter to a friend

Pick a friend or family member you think is beautiful from the inside out. What defines her beyond her looks? Use the following prompts to write her a letter. Shine the spotlight on what makes her unique.



Dear _____,

I think you are...

If you believe one thing about yourself, know this...

Without you I could never...

I hope you love this about yourself...

Your inner beauty shines through when you...



Now, write a letter to yourself using the same prompts. How does it make you feel to say these things to yourself? Do you believe them? Why or why not?