

body beautiful exercise

Sometimes its hard to think about the **positives** about ourselves.
This exercise is designed to help you begin to think about all the
good things about you!

Once we can recognise our strengths we may then begin to believe them. Start from your head and work your way down your body.

So from your head, you need to draw an arrow and write words like
'intelligent' 'good at problem solving' 'deep thinker'
anything at all positive about your head!

From your ears you might draw an arrow and write the word
'good listener' What else is good about your ears?

From your eyes, you might write
'compassionate' 'always sees the best in people'

From your mouth you might write words like
'good at giving advice' 'positive words'

From your arms you might write words like
'good at hugs' 'comforter'

From your hands you might write words like
'good baker' 'serving others'

From your heart you might write words like
'kind' 'generous' 'caring' 'feels empathy'

From your legs you might write
'strong'

Can you think of any positives about your feet?

Fill this sheet with as many positive words about yourself as possible. The why not stick it somewhere that you will see it daily. Maybe on the inside of your wardrobe door, or on your fridge? Drink these words about yourself to drown out the negatives. Focusing on the positives will help you feel better about yourself. Thinking negatively about yourself doesn't do you or the people around you any good.

