



Worksheets

*For building body confidence and
self acceptance*



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How to use these worksheets:

1. Print these worksheets
2. Prepare yourself something to drink
3. Sit down in a comfy spot
4. Grab a cup and a pencil
5. Take as much time as you need, be honest and respond with first things that comes to your mind!

5 words that describe my body :

1:

2:

3:

4:

5:

Are these words kind? Or are they hurtful?

5 positives of my body:

Hint: think about what your body can do

1:

2:

3:

4:

5:

My encouragement quotes :

So I can repeat them when I feel bad about the way I look :

1: I love my body because it let's me do:

2: I love my body because it let's me experience:

3: I love my body because it let's me be a:

4: I love my body because it let's me see:

5: I love my body because it let's me feel:

Do others see my imperfections like I do ?

Think about your mother/ sister/ brother/ dad/ best friend/ boyfriend/
girlfriend /husband/ wife /daughter/ son / cat/ dog (you choose really)

1: What do they love about me?

2: Why they like spending time with me?

Do others see my imperfections like I do ?

Think about your mother/ sister/ brother/ dad/ best friend/ boyfriend/
girlfriend /husband/ wife /daughter/ son / cat/ dog (you choose really)

3: Would our relation change if my looks would change?

4. What would they say to me in a moment of my self-doubt ?

Take a fashion magazine and have a look:

Hint: take your favourite fashion / health/ women's magazine and analyze

- 1: How many beautiful people can you see :
- 2: How many of them look like people that you know :
- 3: How many of images are photoshopped :
- 4: Is it possible for a regular person to look like these images :
- 5: Do you compare yourself with these images :

How does it make me feel?

Hint: take your favourite fashion / health/ women's magazine and analyze

- 1: Do you feel bad about your body after comparing yourself?
2. Do you feel happy and inspired ?
3. Is it possible that many of these images are photoshopped?

What makes me develop negative thoughts? :

Hint: do you feel like you love and accept your body after viewing/watching/reading / the following, or do you compare yourself and get depressed about your body after viewing them?

Do I feel better about myself now?

1: Fashion magazines: Yes. No.

2: Instagram accounts: Yes. No.

3: Fb friends: Yes. No.

4: TV shows: Yes. No.

5: People you know: Yes. No.

Do I have any of these thoughts ?

Hint: think how you feel after viewing/watching/reading / your favourite fashion magazines/
Instagram accounts/TV shows etc.

1: I need to buy...I can look like that one day, if only..

2: I need to exercise more/ get in shape/go on a diet

3: I'm fat...I hate my belly/ butt/cellulite ...

4: I should take care of my butt/ cellulite/ tight gap/ skin/ wrinkles ...

5: I like and accept my body the way it is..

6: I will never look like that.. I'm ashamed of my body..

7. I love myself.

Can I stop exposing myself to the content that makes me feel bad?

Can I ? :

1: Stop reading/read less magazines that make me feel bad?

2: Unfollow social media accounts that promote only one beauty ideal?

3: Stop watching TV content that reinforces only one beauty model?

Why it may be important for me to look in a certain way:

Hint: think about what body type/ celebrity/ fitness inspiration you're competing yourself with.

1:

2:

3:

In what way looking like my inspiration would make me happier?

What else makes me happy?:

Hint: when do you feel happy and with who?

1: People ? Relations ? (family/ friends)

2: Experiences ? Travel?

3: Creating? Making things? Working?

4: Helping others?

Does how I look in any way influences any of the above?

Hint: is my happiness in these areas of life influenced by my the way I look?

1. Is my look important in the way I experience happiness?
2. Does it influences my relationships?
3. My work/creativity/travel/connections?

What is it that I do for myself, and what do I do for others?

Hint: which of these self care actions you do because you feel like it and they make you feel better in your body, and which you do so others would like how you look?

For myself:

For others:

1. Make up:

2. Dress up:

3. Exercise:

4. Diet:

5. Mani/pedi:

6. Other:

I'm on a desert island, and I can call my friends and family (but never be seen) How do I give care of my body now?

Hint: imagine this scenario, nobody can see you, but you still get to talk to your friends and family. Which of the above would you still do?

1. Make up:

2. Dress up:

3. Exercise:

4. Diet:

5. Mani/pedi:

6. Other:

What I'll still love about myself in 10/20/50 years?

Hint: what will be important for you ?

1.

2.

3.

4.

5.

6.

Next time I start speaking to myself in a hurtful way I'll stop and ask myself these questions:

Hint: fill in the gaps with the people, places, activities, passions and places that you love

1. Would I say this to my best friend/sister/mom/daughter?
2. Does this (feature that I don't like) defies me as a person?
3. Is the way I look an obstacle for me to be happy?
4. Is the way I look an obstacle for me to do (.....) and enjoy the company of (.....)?
5. Is the way I look an obstacle for me to go to (.....) and experience (.....)?

My plan for self acceptance and and self confidence:

1. I'll stop reading/watching/following:
2. I'll stop comparing myself to:
3. I'll talk to myself like I would to my best friend:
4. I'll treat myself with care by doing this:

My mantras for self acceptance and and self confidence:

1. My body is a tool to live life, not a pleasant thing to be looked at.
2. It's photoshop and not reality what I see in the media.
3. I don't need to be pretty on order to be happy.
4. My body is what I have and not who I am.
5. I won't let others objectify me.



About the author :

Joanna Grzeszczak is a psychology graduate turned SAHM. She's sharing her positive body image tips, parenting advices, recipes and crafts on her blog:

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