

Body Image Worksheet

Name	Date
On a scale of 1 (unsatisfied) to 10 (completely satisfied), how happy are you with your body currently:	
Explain your score	
What are your problem areas?	
Have you missed out on anything because of your body? Explain	
Have you taken risks despite your feelings toward your body? Explain	
Body Acceptance	
Where is your body strongest?	
Where is your body weakest?	
What part of your body do you hide the most?	
What part of your body are you proud of?	
Who is telling you that you should be ashamed of your body?	
What makes you feel comfortable in your body?	
What does a positive body image mean to you?	
What can you do for self-love this week?	
Write 10 positive things about your body	

Name	Date
Counterpoints	
Write 10 negative thoughts you have about your body	Write 10 positive thoughts you have about your body as a counteraction
Action Plan	
Write down 5 steps that you can take to improve your body image this week	