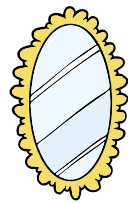


LIKE MY REFLECTION



You are uniquely you: it's something to celebrate and love! But it's not always easy to do when we are constantly comparing ourselves to others and wanting to fit into narrow definitions of beauty and success.

WATCH OUR VIDEO



Practice building healthy self-esteem and positive body image by completing the affirmations below. Cut out and tape the completed affirmation cards around your mirror at home to remind yourself of how amazing and unique you are!

When I look in the mirror, I see someone who is:

One of my strengths is:

One of my many talents is:

One of my best qualities is:

Something I'm proud of is:

I feel happy when:

My friends say I'm:

Something that makes me unique is:

I love my body because:

I'm most thankful for:

