

10 Skills for Developing A Healthy Body Image and Self-Esteem

1. Honor your personal story
2. Accept yourself the way you are
3. Create a positive mental outlook
4. Develop positive self-talk skills
5. Guide away from comparisons
6. Build your self-reliance
7. Live in the now
8. Reward yourself
9. Give yourself praise
10. Be connected



See the reverse side for some inspirational quotes!

If you can imagine it, you can achieve it; if you
can dream it, you can become it.

William Arthur Ward

**Nothing great was ever achieved
without enthusiasm.**

Ralph Waldo Emerson

Goals are the fuel in the furnace of
achievement.

Brian Tracy

It does not matter how slowly you go so long as you
do not stop.

Confucius

Accept challenges, so that you may feel the
exhilaration of victory.

George S. Patton

*Cut these out and put them where you can see them on a daily basis. Ex: bathroom mirror, kitchen sink or car dashboard.