

THE PERSONAL

Body Image: Remember and Practice The Bill of Rights: “I have and will exercise the right to”

- * Nourish my body and spirit
- * Appreciate my body, which will never be perfect
- * Feel good in and about my body
- * Remind myself that there are hundreds of very admirable people whose body shapes vary tremendously - my role or real models
- * Exercise my control over what I watch, pay attention to, talk back to, buy...
- * Remind myself, constantly if necessary, of the following 10 or more good things about my body
- * Be fit and energetic, no matter what I look like
- * To dance, swim, sunbathe, and be active no matter what I look like
- * To wear clothes that are comfortable and express my self - my style - no matter what I look like

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