

## *Another Look at Beauty...*

1. What 3 words come to mind when you hear the word "beautiful"? \_\_\_\_\_

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2. Where do your ideas about beauty come from? \_\_\_\_\_

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3. Name 3 people whom you consider to be beautiful: \_\_\_\_\_

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4. If someone asked for your own personal definition of beauty, how would you describe it? \_\_\_\_\_

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5. If you could change one thing about yourself, what would you change?

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6. Think of a time in your life when you felt really great about your body and had a strong self-image. Does any particular age or story come to mind? \_\_\_\_\_

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7. What or who makes you feel bad about your body? \_\_\_\_\_

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8. Who or what makes you feel good about your body? \_\_\_\_\_

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