

**Worksheet for Chapter 6- Self-Image**

Print out the chart below. Make four copies. At the end of the month compare your answers and notice the areas where you are doing well and the areas you need to focus on for improvement.

**MIRROR, MIRROR – I’M THE FAIREST OF THEM ALL**

Look in the mirror	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Best feature of the day							
Positive thought about myself							
Do I like how I look today?							
Love myself							
Favorite outfit							
Be comfortable with myself							
Walk with pride							