

JOURNAL #10

What changes can you make in your body image, if not physically then mentally?

How do you feel you appear to others? Do you feel others perceive you as you really are? Why?

List judgments you make about yourself and others.

How and why do you compare yourself to others?

Are you judgmental? About yourself? About others? How could you change your attitude about this?

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What would happen if you stopped judging yourself and others?

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What would happen if you focused on the good things about yourself?

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What would happen if you focused on all the things you had to be thankful for?

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What would happen if every morning you thought about the blessings you have and could

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