**Body Image**

1. In the space #1 below, draw a picture of how you see your body. In space #2, draw how you would like for your body to look.

#1: Your body #2. Your ideal body

1. What is different between the two pictures?

1. What makes the second body ideal? Why do you feel this way?
2. What do you like about your body? Name 3-6 things you like.