

# JOURNAL PROMPT:

Our bodies are different in all kinds of ways, that's what makes us special and unique! Appreciating your body is so much more than the way your body looks, try to write about how it feels and functions instead.

Reflect in your journal about what you appreciate about your body, and why it matters to you. Try setting a timer for 10-15 minutes, and see if you can keep writing for the whole time.

To get you started, brainstorm some ideas about all of the things your body does for you in the diagram below.



Now write about what you appreciate most, and why this matters to you...

Adapted from the Expand Your Horizons Program by Jessica Alleva  
Alleva, J. M., Martijn, C., Van Breukelen, G. J., Jansen, A., & Karos, K. (2015). Expand Your Horizon: A programme that improves body image and reduces self-objectification by training women to focus on body functionality. *Body image*, 15, 81-89.]