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## “Will-Powers” for Improving Body Image

1. **I WILL** ask myself twice a day “Am I benefiting from focusing on what I believe are the flaws in my body weight or shape?” 
2. **I WILL** think of three reasons why it is unhelpful for me to believe that people with a different body shape are happier or “better.” I will repeat these reasons to myself whenever I feel the urge to compare my body shape to someone.
3. **I WILL** spend less and less time in front of mirrors—especially when they are making me feel uncomfortable & self-conscious about my body. 
4. **I WILL** exercise for the joy of feeling my body move and grow stronger. Instead of exercising to lose weight, I will do it for enjoyment. 
5. **I WILL** proudly participate in activities that I enjoy, even if they call attention to my weight and shape. I will constantly remind myself that I deserve to do things I enjoy, like dancing, swimming, etc. 
6. **I WILL** refuse to wear clothes that are uncomfortable or that I don’t like simply because they divert attention away from my weight or shape. I will wear clothes that fit me and that make me feel good about my body. 
7. **I WILL** list 5-10 good qualities that I have, such as understanding, intelligence, or creativity. I will repeat these to myself whenever I start to feel bad about my body. 
8. **I WILL** practice taking people seriously for what they say, feel and do. Not for how slender, or how “well put together” they appear.
9. **I WILL** treat my body with respect and kindness. I will feed it, keep it active, and listen to its needs. I will remember that my body is the vehicle that will carry me to my dreams! 
10. **I WILL** surround myself with people and things that make me feel good about myself. When I am around people and things that support me and make me feel good, I will be less likely to base my self-esteem on the way my body looks.

