



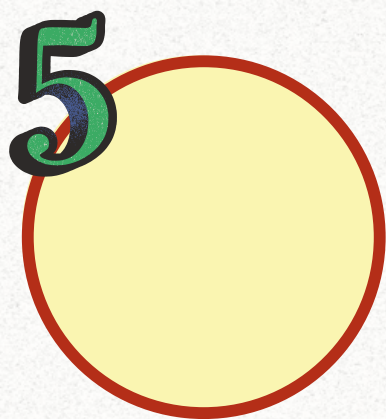
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# BUILDING HEALTHY SELF-IMAGE

# ROLE MODELS

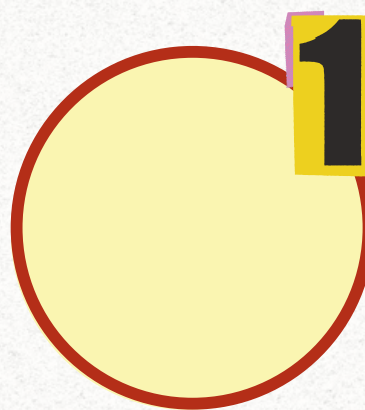
*for inspiration*

Discover positive role models whom you admire and who possess qualities you aspire to embody. Reflect on how their admirable traits can inspire and contribute to building a strong self-image.



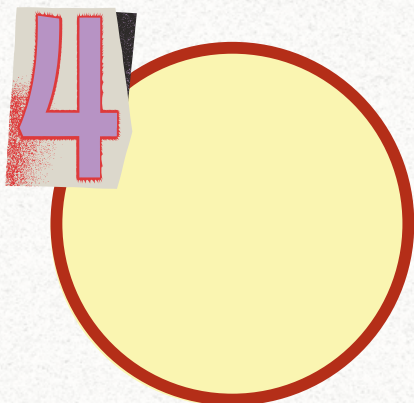
## INSPIRATIONAL IMPACT

Identify situations where role models' actions inspire. How their choices contribute to building self-image.



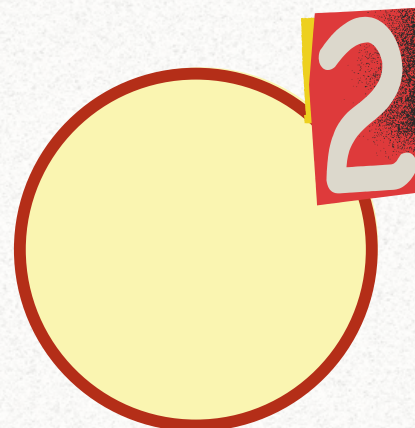
## INSPIRATIONAL ROLE MODELS

Write down names of admired individuals you look up to. Positive role models who embody qualities you aspire to.



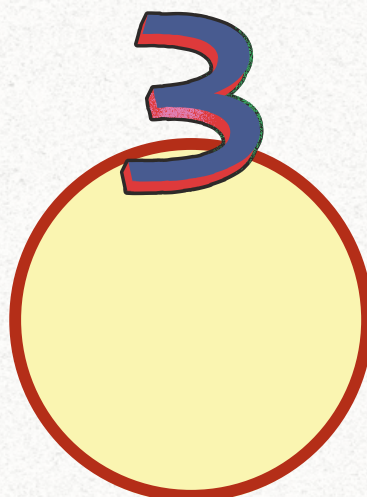
## INCORPORATING QUALITIES

Consider ways to integrate admired qualities. Embrace traits for personal growth and self-image.



## ADMIRED QUALITIES

List specific qualities admired in each role model. Traits: courage, resilience, kindness, determination.



## DRAWING INSPIRATION

Reflect on how role models demonstrate traits. Actions and choices that showcase their qualities.



# MELODIES



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## of resilience

Music has the power to inspire and foster a strong self-image. Create an empowering playlist of uplifting songs to boost confidence and nurture self-esteem.

### Song Selection

Write down the names of at least three songs that have empowering and encouraging lyrics. These can be songs that make you feel confident, strong, or inspired.

- 1.
- 2.
- 3.



### Mood & Theme

Briefly describe the mood or theme of each song. Use a few words to capture how each song makes you feel or what message it conveys.

- 1.
- 2.
- 3.

### Reflect & Connect

Reflect on how each song resonates with building a strong self-image. Consider the lyrics and the emotions they evoke. Write a brief sentence or two about the connection you feel with each song.

- 1.
- 2.
- 3.



### Create Your Playlist

Use your favorite music platform or device to create your Encouraging Playlist. Arrange the songs in an order that flows well and boosts your confidence when listening to them.

- 1.
- 2.
- 3.

# FLIP SCRIPT



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## *for inner voice*

Pay attention to moments of self-doubt or criticism. Write down the negative thoughts your inner critic uses. For each negative thought, challenge it with evidence or a positive perspective. Reframe it into a supportive and empowering statement.

**Negative Thought  
by Inner Critic**

**Evidence/Positive  
Perspective**

**Supportive/  
Empowering Statement**

