

## I VALUE MY PHYSICAL APPEARANCE

I recognize that my appearance reflects who I am, and taking care of myself is essential for my well-being. I feel more confident and presentable when I put effort into my appearance.

I understand the connection between my physical appearance and my inner self. Taking care of my physical self helps me to feel good about who I am on the inside. When I neglect my appearance, I feel less pride in myself.

I prioritize taking care of my body, inside and out. This includes maintaining a healthy lifestyle, such as exercising regularly and nourishing my body with healthy food. It also involves caring for my skin, hair, and overall grooming.

It is important to me to select clothing that flatters my body and reflects my personal style. I enjoy expressing myself through fashion and taking pride in my appearance.

Taking pride in my personal appearance is a daily practice. I commit to consistently trying to keep myself looking and feeling my best. Today, I choose to prioritize my self-care and embrace the confidence that comes with taking pride in my appearance.

## REFLECTION QUESTIONS

**1**

How does taking care of my physical appearance make me feel?

**2**

What are some ways I can prioritize my self-care and take pride in my appearance?

**3**

How can I express my personal style through my clothing choices?