

love me not? love me!

If you look at a flower upside down, you can't see how pretty the petals are on the other side. The same thing goes for you: how can you recognize the vibrance, texture, and beauty you possess if you look at it from only one angle?

In the light petals on the flowers below, write down things you don't like about your appearance. Then, in the dark petals next to each light one, spin the "bad" thing into a good thing by thinking about how it might actually be an asset—and why you should embrace it.

for example:
I'm not crazy
about the size
of my thighs.

These strong
muscles will
carry me around
when I'm 80.

My hair
is part
of my
heritage.

My hair is straight
and boring and
won't do anything!