

Honoring Unique Physical Traits: Worksheet

Introduction: We all have unique physical features that make us who we are. In a world that often promotes uniformity, it's important to take a step back and reflect on the beauty and strength of our individual traits. This worksheet will help you explore, appreciate, and honor your unique physical features.

Section 1: Reflecting on Your Unique Physical Traits

1. List Three Physical Features You Love About Yourself:

- _____
- _____
- _____

2. Describe Why You Appreciate These Features:

- Feature 1: _____
 - Feature 2: _____
 - Feature 3: _____
-

Section 2: Exploring Features You May Not Always Appreciate

3. Are there any physical traits that you've struggled to love in the past? Why?

- _____
- _____
- _____

4. How might you begin to shift your thinking about these traits? What positive aspects can you recognize in them?

- _____
 - _____
 - _____
-

Section 3: Celebrating What Makes You Unique

5. Think about how your unique physical traits reflect your story. For example, are there features that are connected to your heritage, your experiences, or your journey in life?

- _____
- _____
- _____

6. How do these traits contribute to the person you are today?

- _____
- _____
- _____

Section 4: Affirmations for Embracing Your Physical Self

7. Create 3 Positive Affirmations About Your Body:

1. _____
2. _____
3. _____

8. How can you incorporate these affirmations into your daily routine?

- _____

Section 5: Gratitude Practice

9. Write 2-3 sentences about how you can show gratitude for your body and its abilities today.

- _____
- _____
- _____

Final Thought: Remember, your physical traits are a part of your story, and they deserve to be honored. By celebrating your unique features, you empower yourself to embrace who you truly are.
