

Name \_\_\_\_\_

## Embrace Your Uniqueness: A Guide to Boosting Self-Image and Self-Acceptance

### Multiple Choice Questions

1. What is the primary focus of the guide "Embrace Your Uniqueness"?
  - a) Achieving physical perfection
  - b) Boosting self-image and self-acceptance
  - c) Learning new fashion trends
  - d) Comparing yourself to others
  
2. Which of the following is recommended to help appreciate your uniqueness?
  - a) Comparing yourself to celebrities
  - b) Ignoring your unique qualities
  - c) Focusing on what makes you special
  - d) Changing your appearance to fit in
  
3. How does the guide suggest you handle negative self-talk?
  - a) By ignoring it
  - b) By replacing negative thoughts with positive ones
  - c) By sharing it with others
  - d) By criticizing yourself more
  
4. What healthy habit is mentioned as a way to boost self-esteem?
  - a) Skipping meals
  - b) Staying active
  - c) Avoiding exercise
  - d) Eating junk food
  
5. According to the guide, why is it important to surround yourself with supportive people?
  - a) They can help you compare yourself to others
  - b) They can make you feel bad about yourself
  - c) They can help you see your strengths and build your confidence
  - d) They can criticize your appearance

