Name _____

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

Short Answer

1. What is the first tip mentioned in the guide to help improve body image and self-acceptance?

2. How can positive self-talk influence your perception of yourself?

3. List three healthy habits that can boost self-esteem according to the passage.

4. Why is it important to surround yourself with supportive people?

5. What is the significance of setting realistic goals for improving self-image?

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