

Name \_\_\_\_\_

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

### Short Answer Key

1. The first tip mentioned is to "Appreciate Your Uniqueness," focusing on what makes you special instead of comparing yourself to others.
2. Positive self-talk can replace negative thoughts with positive ones, helping you to appreciate your unique features and feel better about yourself.
3. Three healthy habits that can boost self-esteem are eating nutritious foods, staying active, and getting enough sleep.
4. Surrounding yourself with supportive people is important because they can help you see your strengths and build your confidence.
5. Setting realistic goals is significant because it helps you make achievable improvements, whether in fitness or confidence, leading to positive changes over time.

