

JUNE

1. What summer memories would you like to create this month?
2. How has your body or appearance changed since last June?
3. Are there any body image issues that prevent you from enjoying your summer?
What can you change to help you get the most out of this hot season?
4. Does the way you look make you feel better OR the way you feel makes you look better? Explain your choice.
5. At what age did you feel your best? How did your body image or appearance play a role in this?
6. Describe who you see when you look in the mirror.
7. How do you currently feel about your body? How would you like to feel?
8. Write a letter of advice to your younger self on body positivity and appreciation.
9. What's one thing about your body or appearance that you used to dislike but now absolutely love?
10. Describe in detail everything you love about your body and physical appearance.
11. What's your idea of beauty?
12. How do you show up for your body every day?
13. When does your body feel its best? What can you do to cultivate more of this feel-good factor?
14. What advice would you give to someone who has trouble loving and accepting their body?
15. How does your body support you every day? Write a letter to express your gratitude.
16. Describe your body's relationship with food.
17. What "ideas" do you need to release about body image perfection?
18. What's your relationship with your physical appearance? What kind of relationship would you like to have?
19. What's one thing you can do right now to boost the way you feel about yourself?
20. At what age did you begin to have a negative perception about your body or physical appearance? What happened? What led to this change?
21. What mindset shifts can you make to change the way you look and feel about yourself?
22. Write a love letter to your body.
23. Write an apology letter to your body.
24. What's standing in the way between you and loving, and accepting your body?
What actionable steps or mindset shifts can you make to remove this block?
25. How do you deal with body insecurities? In what ways, can you offer your body more kindness and compassion?
26. What's your favorite feature? Why?
27. How do you express love to your body?
28. How has social media changed your life and the way you view yourself? Reflect on your answer, and create actionable steps that encourage a positive outcome.
29. Who or what has had the most impact on your body image? Why?
30. Who do you need to forgive to change the way you look and feel about yourself?