

**WEEK 8**

**SMART Goal for the Week Ahead (Body Image Related):**

<b>S</b>	
<b>M</b>	
<b>A</b>	
<b>R</b>	
<b>T</b>	

**Weekly Reflection:** Private Body Talk

Today we spoke about our “Private Body Talk”, and embracing the idea of creating a new inner voice.

- Can you think of the ways that you or those around you promote appearance ideals?
- How would your feelings toward yourself change if you stopped using this language? How would it impact those around you if you stopped?
- What can you do to facilitate this change and embrace the opportunities for fully appreciating our bodies?

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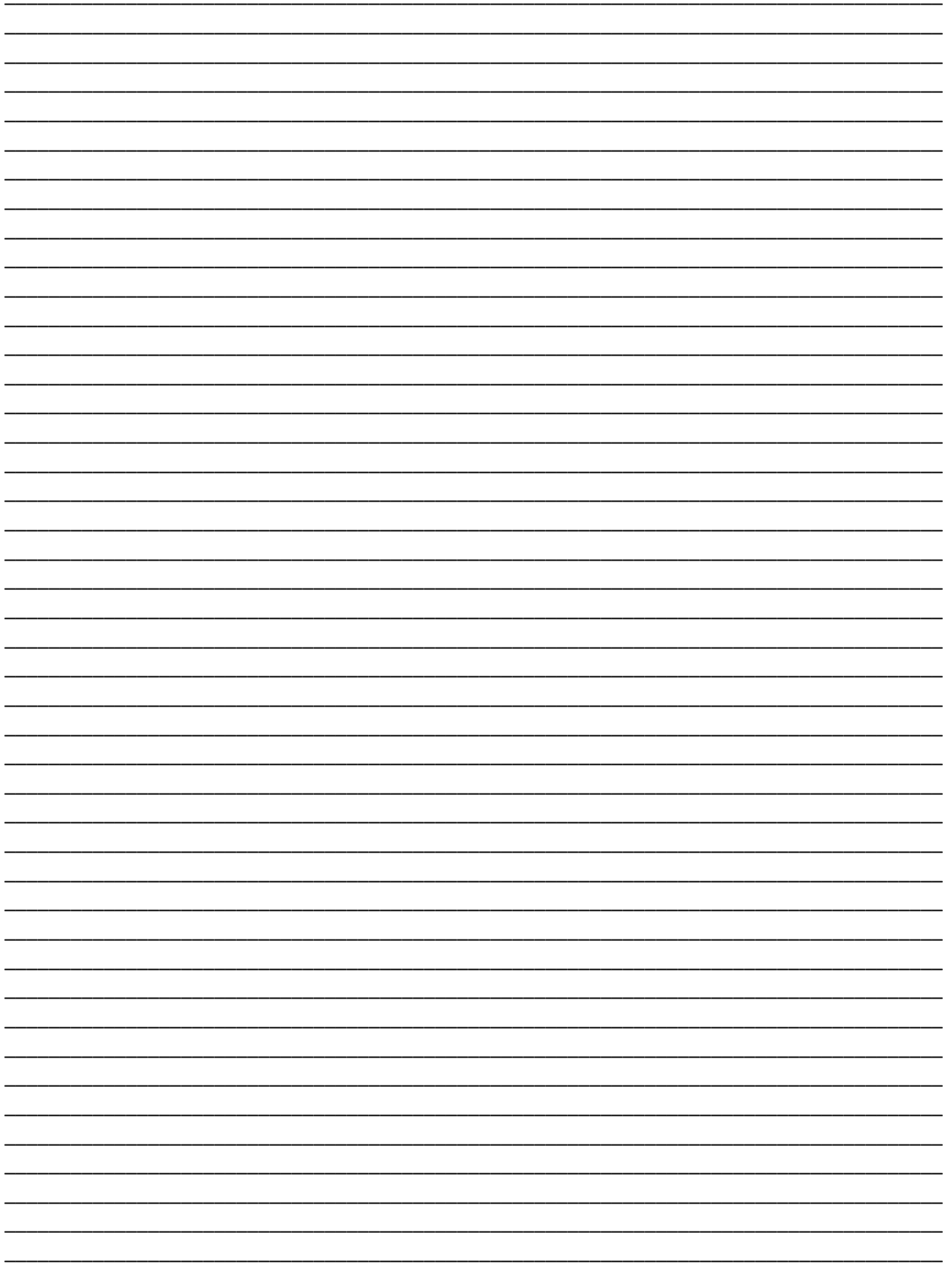
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