Mirror Exercise

Body Project

Please stand in front of a mirror and look at yourself and write down all your positive qualities. Please list at least 15. Include, physical, emotional, intellectual, and social qualities. For instance, you may like the shape of your arms, the strength of your legs, your long dark hair, the sound of your laugh, or the fact that you are a good friend. Please make sure to include at least some physical attributes on your list.

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Reflect

Journal about this activity. Was it easy? Was it difficult? Consider the types of attributes you wrote down (physical, emotional, etc.).