



5 tips to remind you **YOU ARE SUPER** just the way you are



Having a positive body image and self esteem is super important to help you conquer the world with your awesome ways.

Here are our top tips for improving your body image

- ★ Don't compare the way you look to anyone else
- ★ Remember you are more than the way you look
- ★ Be kind to yourself and your friends
- ★ Treat your body well & focus on the parts you like
- ★ Remember what we see in magazines or on TV is not how people really look



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