

# Fresh Thinking Feb

During February we invite you to think in fresh ways, maybe that is improving the mind chatter you have when getting ready in the morning, or giving something new. This Feb take a fresh approach.



# Proud of Me March

It IS OK to be proud of who we are,  
so join us this March as we help  
each other acknowledge those  
things that are pretty awesome about  
who we are and what we do, and  
feel good about doing it to boot.



# Appreciative April

Sometimes we can be pretty hard on ourselves, and that can really knock our self-esteem, or perhaps there is a friend you see doing this and it's holding them back from being content about who they are. This April lets aim to appreciate all we can, that might be reminding Mum you thinking she really is pretty awesome with a few extra *"thanks Mum, you Rock"* or appreciating those awesome legs for completing that hour walk with the dog, or savoring just how fantastic that chocolate tastes in your mouth.



# Media Magic May

We just love the media; social media, magazines, TV, movies, radio you name it, we love it and consume lots of it! But it's not always our friend when it comes to helping us feel good about who we are.

So this May lets remind ourselves that what we are presented with in the media is not always reality, and comparing ourselves to others it not healthy for our body image or self esteem



## Journey's June

This June lets check the path we are on is heading to a destination of a healthy happy body and sense of self. Perhaps you find yourself often grabbing a quick snack that you eat whilst on the run rather than taking a moment to enjoy your meal, or when did you actually last sit and just really relax, what about when you're tired, do you give yourself the time needed to chill and build up your reserves? This June lets cherish our body on this amazing journey we are each on.





# Judgment Free July

THE WORLD  
IS MORE BEAUTIFUL  
WITH YOU

We all deserve the right to be who we want to be judgment free. This July we challenge us all to drop the judgments of ourselves and others. Let's support each other to feel OK to be who we are free of critical judgment from others.



The Positive Body Image Campaign.

# All About Body Image August



EXPLORE ▶

This August find out more about this important topic. Discover more about how body image is about how you **FEEL** about the way you look, it's not actually about what you look like. By knowing more about this issue which is a topic issue of personal concern for young people you will be able to help your self and your friends achieve a positive sense of self.





# Social September



Share a positive body image story online, or when out with friends encourage positive body chat not body shaming. We also invite you to challenge the norm that is socially inappropriate for us to love our bodies, instead let's do the total opposite. However you like to do it socially, help us spread the positive body image message.

The Positive Body Image Campaign.



# OK to be me October

Let's enjoy October knowing that it's OK to be the Me I want to be judgment free. Yep it's all about you this month, this October we celebrate, we recognise and we strive forward.



# Naturally Positive November

Have you noticed how you chat with friends about how you hate your hair, or a friend says “I love your jumper” and your reply is along the lines of “this old thing, it’d look better on you.” Or do you hear friends talking negatively about what others have chosen to wear. What if we switched all of this around and made our natural way to chat about bodies and who we are positive “I love my hair today”, “oh this jumper, yes thanks I love it on me too” “Wow she look great in that”. By the end of this month you will be accepting those compliments, not throwing them back, and ending chats with friends feeling positive. But don’t stop once the month ends, make this your natural.

I'M  
New  
Here





# Celebrate Diversity December

We hope that Freedom to Feel Fantastic has helped highlight that we are all different and that is a fantastic thing. So this December lets celebrate that you are you, they are them and I am me, and all as different as can be.

See you next year for Fresh Faced Friday - why not register now  
[www.FREEDOMTOFEELFANTASTIC.COM.AU](http://www.FREEDOMTOFEELFANTASTIC.COM.AU)