

# Welcome to Feed Me Plants Beauty's

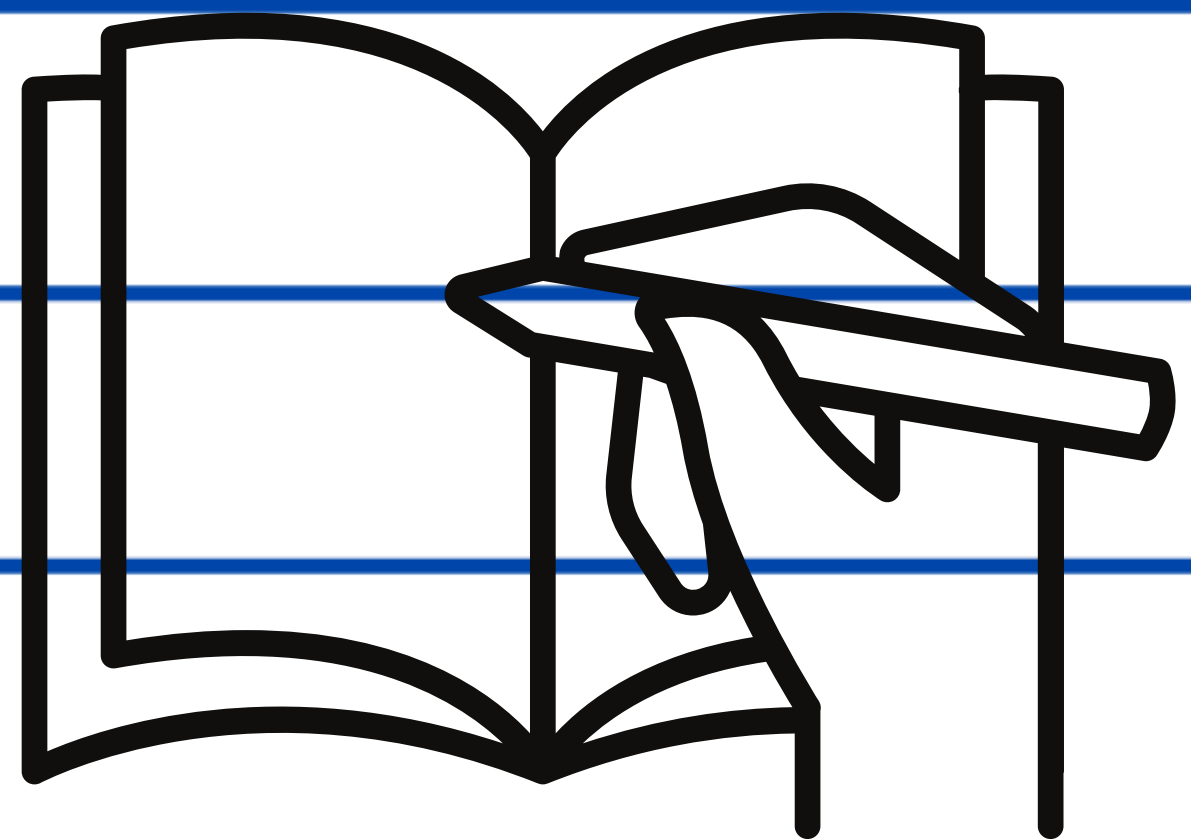
Body Positivity Seminar #1

What is it?!

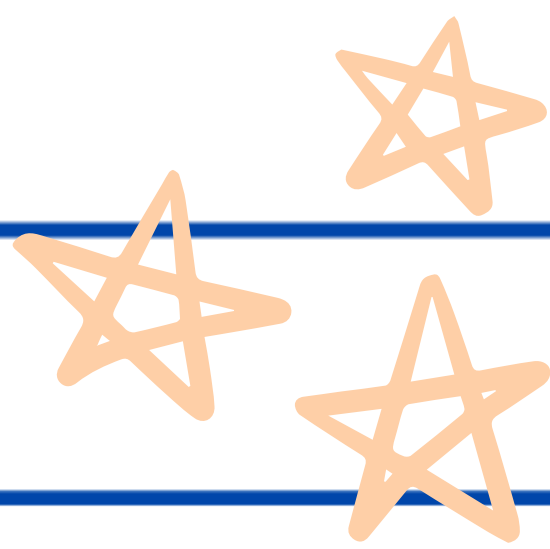


REMHINDER

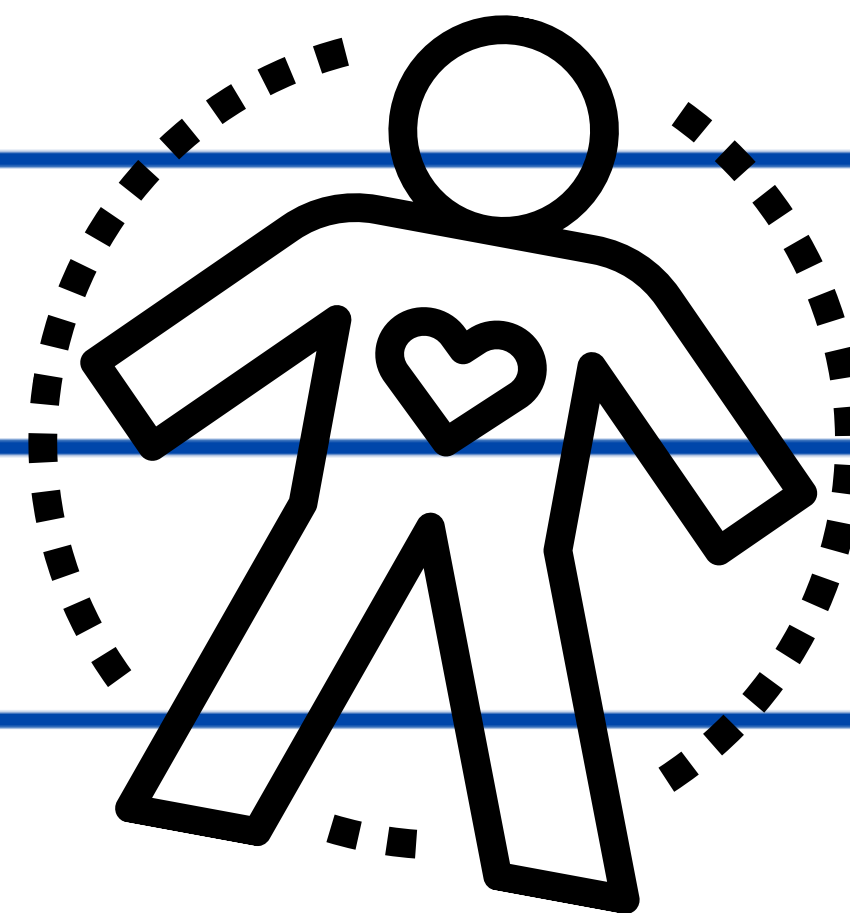
MAKE SURE YOU HAVE YOUR **ACTIVITY JOURNAL!** YOU CAN LOCATE IT WITHIN THE **STUDENT HUB.**



EMPB'S MOTTO:



“LOVING THE SKIN YOU’RE BORN IN”



# RULES:

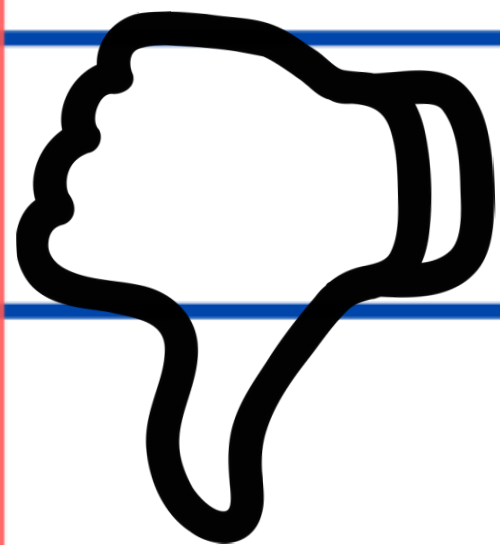
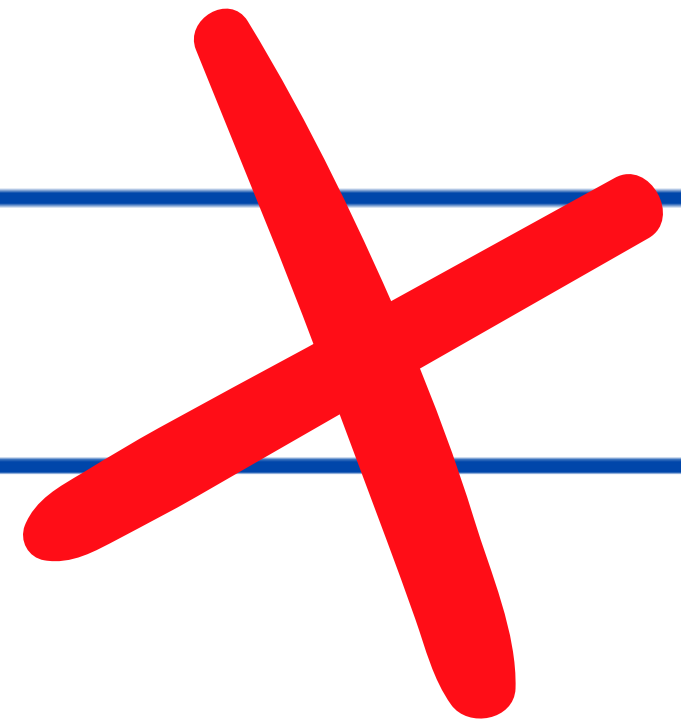
1.) **NO** BODY SHAMING

2.) **NO** NEGATIVE ENERGY

3.) **NO** NEGATIVE COMMENTS

4.) **NO**, TO FEELING ASHAMED OF WHO YOU ARE AND WHAT YOU LOOK LIKE

5.) **NO**, TO NOT LOVING YOU FIRST



HOWEVER....

6.) YES, TO LOVING THE SKIN YOU'RE IN

7.) YES, TO EMBRACING ANY SCARS, ABNORMALITIES,

OR ANY "UN-HOLLYWOOD" LOOKS YOU CARRY

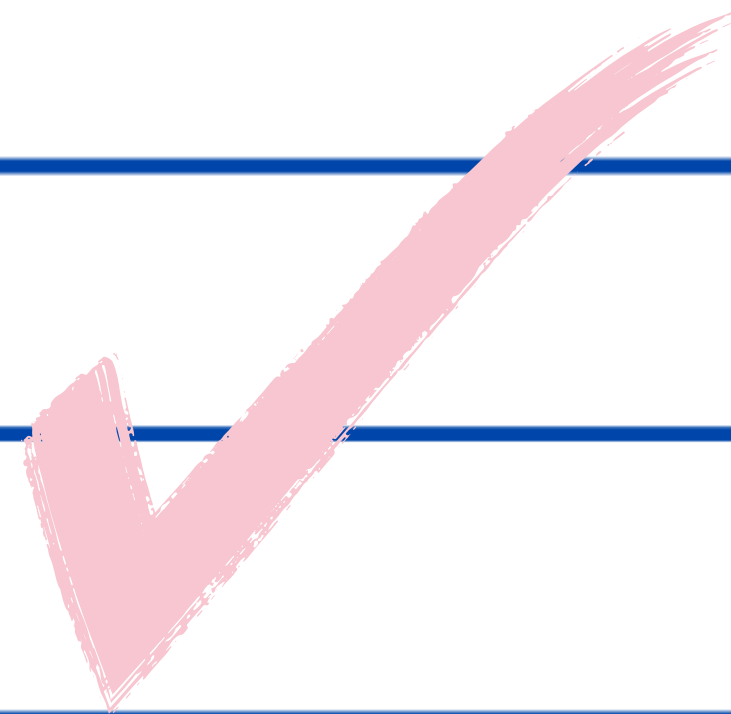
8.) YES, TO EMBRACING CHANGE

9.) YES, TO A BETTER YOU

10.) YES, TO THE POWER OF POSITIVE PEOPLE WITH POSITIVE ENERGY

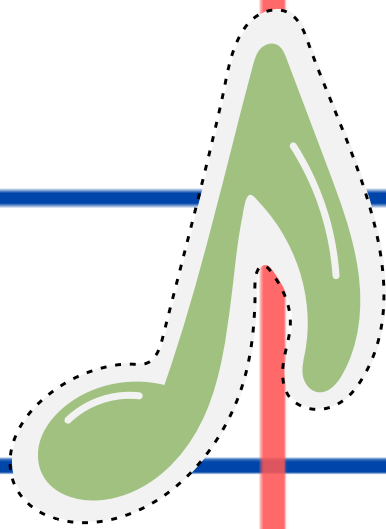
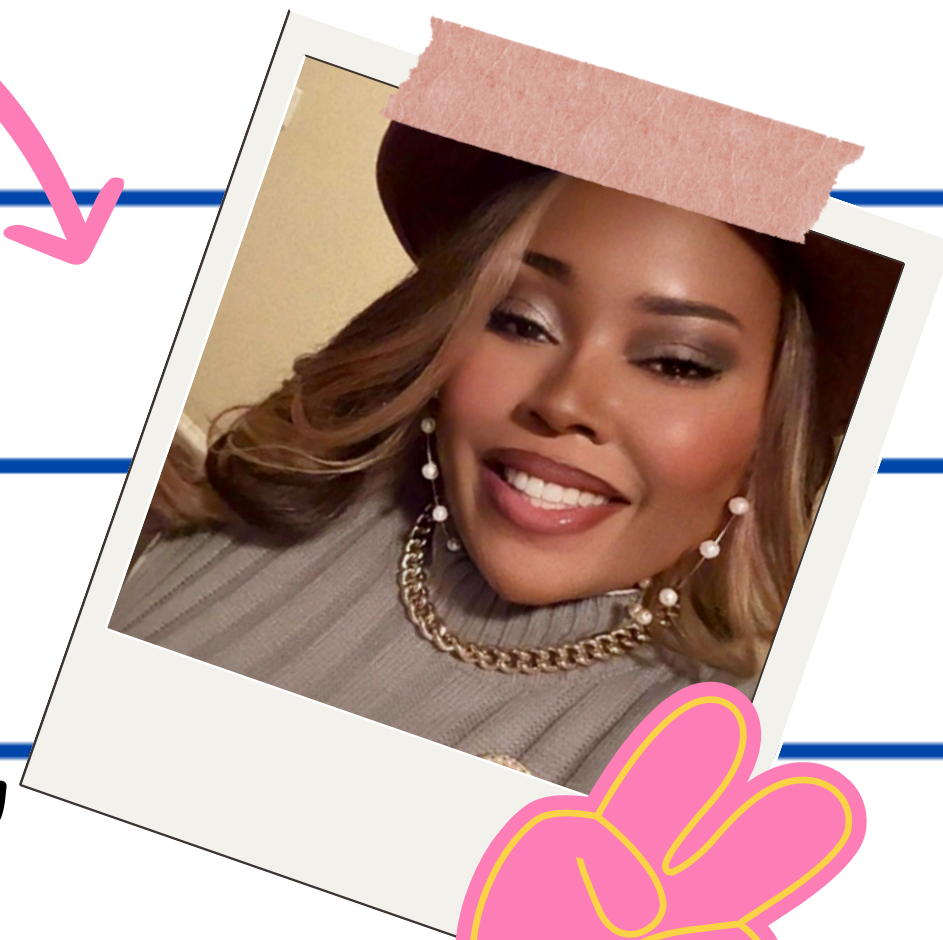
11.) YES, TO YOUR SUCCESS OF ACCEPTING YOU AND LOVING YOU

12.) YES, TO **POSITIVITY**

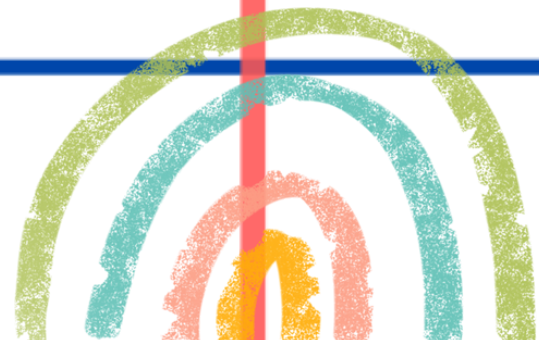


# CASSIE THORN

(COO OF FMPB)



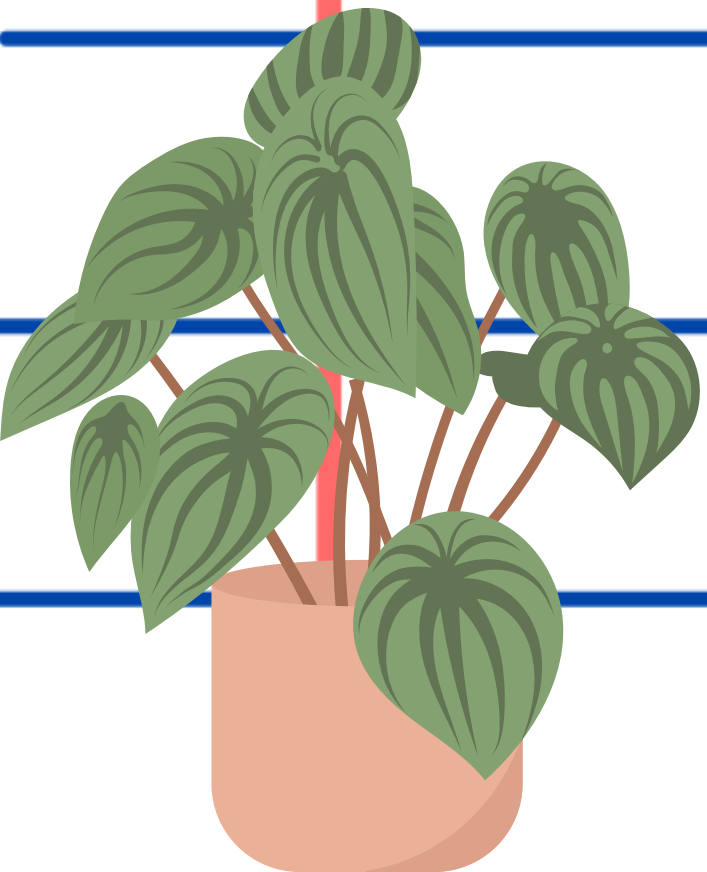
- ✓ I AM FROM HAMMOND, LOUISIANA
- ✓ I GRADUATED FROM THE UNIVERSITY OF LOUISIANA AT LAFAYETTE WITH MY BACHELOR'S IN SPEECH PATHOLOGY & AUDIOLOGY WITH A MINOR IN MUSIC
- ✓ I AM IN GRADUATE SCHOOL FOR COMMUNICATION DISORDERS (I GRADUATE IN SPRING 2025....WOOHOO!!)
- ✓ I AM MY MOM'S (THE CEO) RIGHT HAND WOMAN
- ✓ I LOVE EMPOWERING OTHER PEOPLE SUCH AS YOU ALL WHO ARE WATCHING



# TODAY'S OBJECTIVES:

- **WHAT IS BODY IMAGE?**
- **WHAT DOES BODY POSITIVITY & SELF-LOVE MEAN TO YOU?**
- **WHAT DOES SELF-LOVE LOOK LIKE?**
- **WHAT ARE POSITIVE AFFIRMATIONS?**

all  
bodies  
are  
good  
bodies



# WHAT IS "BODY IMAGE"?

BODY IMAGE IS A PERSON'S SUBJECTIVE PICTURE OR MENTAL REPRESENTATION OF THEIR BODY IMAGE. THIS CAN BE EITHER **NEGATIVE**, **NEUTRAL**, OR **POSITIVE**. SHIFTING YOUR BODY IMAGE FROM NEGATIVE TO POSITIVE CAN BE A HUGE TRANSITION FOR SOME INDIVIDUALS. HOWEVER, HAVING A "NEUTRAL" MENTAL REPRESENTATION OF YOUR BODY IMAGE IS OKAY & IT CAN HELP YOU GAIN A POSITIVE ONE. THIS SEMINAR IS PROVIDED TO YOU ALL TO HELP AID YOU IN YOUR JOURNEY OF ACQUIRING BODY POSITIVITY.



# WHAT IS "BODY IMAGE"?



## BODY IMAGE

*mindset shift*

WE'RE TRYING TO GET YOU FROM HERE TO HERE!

negative

neutrality

positive



I don't like my body.

I love my body.

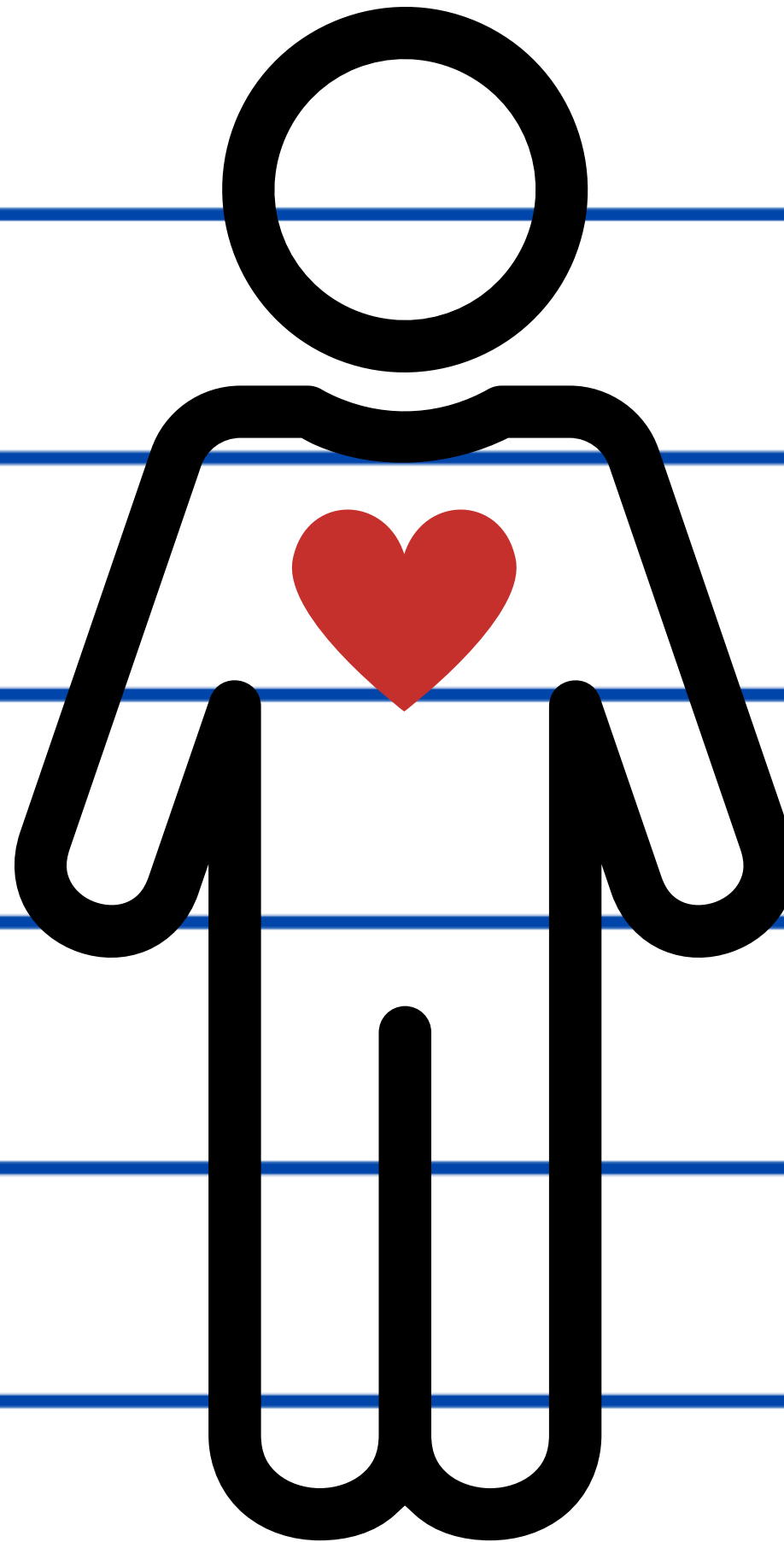
This IS my body.



# WHAT IS BODY POSITIVITY & SELF-LOVE?

**BODY POSITIVITY**  
IS ONE'S MINDSET  
THAT YOU ARE  
WORTHY OF  
LOVE AND A  
POSITIVE SELF  
IMAGE,

REGARDLESS OF  
HOW THE MEDIA  
AND SOCIETY  
TRIES TO DEFINE  
THE BEAUTY  
STANDARDS.



**SELF-LOVE**  
IS ONE'S  
APPRECIATION  
AND VALUE OF  
THEIR OWN  
WORTH AND  
HAPPINESS.

ACTIVITY #1: IT'S TIME TO LOVE UP ON YOURSELF! TAKE THIS TIME TO THINK OF AND WRITE DOWN 4 OR MORE COMPLIMENTS PERTAINING TO YOUR BODY STARTING WITH THE PHRASE "I LOVE \_\_\_\_\_"!



**I LOVE THE  
FRECKLES ON  
MY FACE!!!**

Cassie Thorn

**I LOVE MY  
STRETCH  
MARKS!!!**

Cassie Thorn

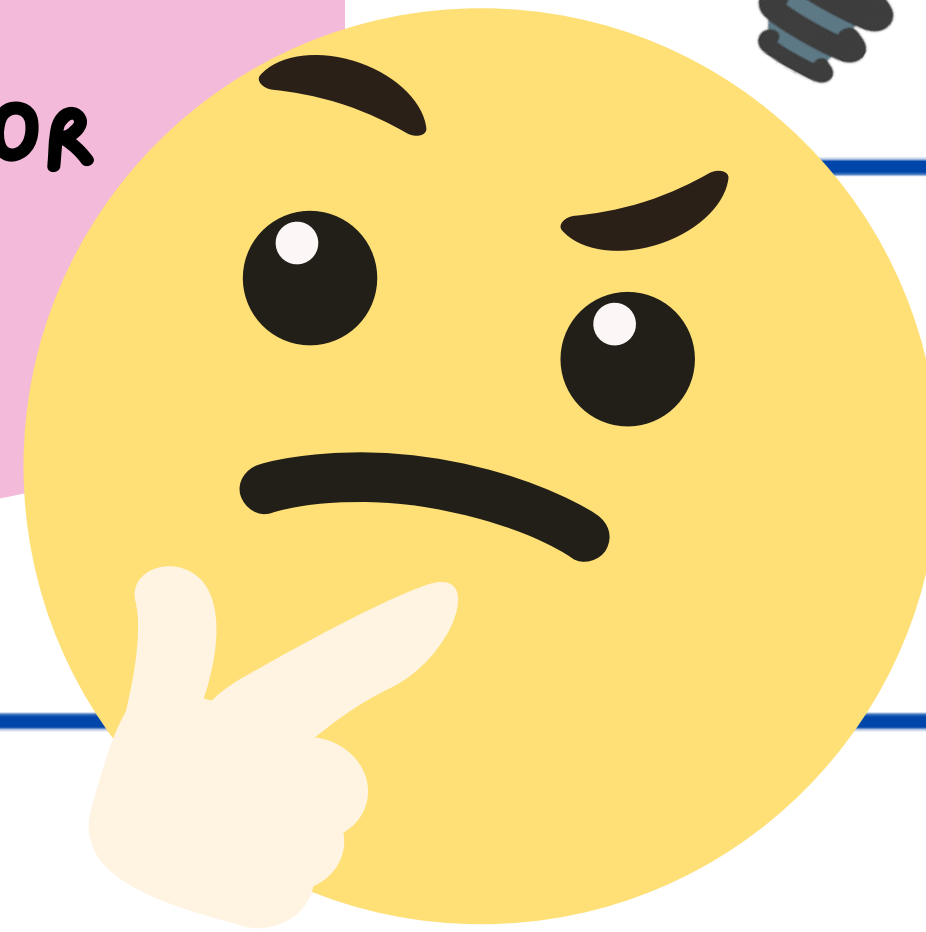
**I LOVE MY  
STOMACH, IT MAY  
POKE OUT A LITTLE,  
BUT HEY THAT'S  
OKAY!!!**

Cassie Thorn

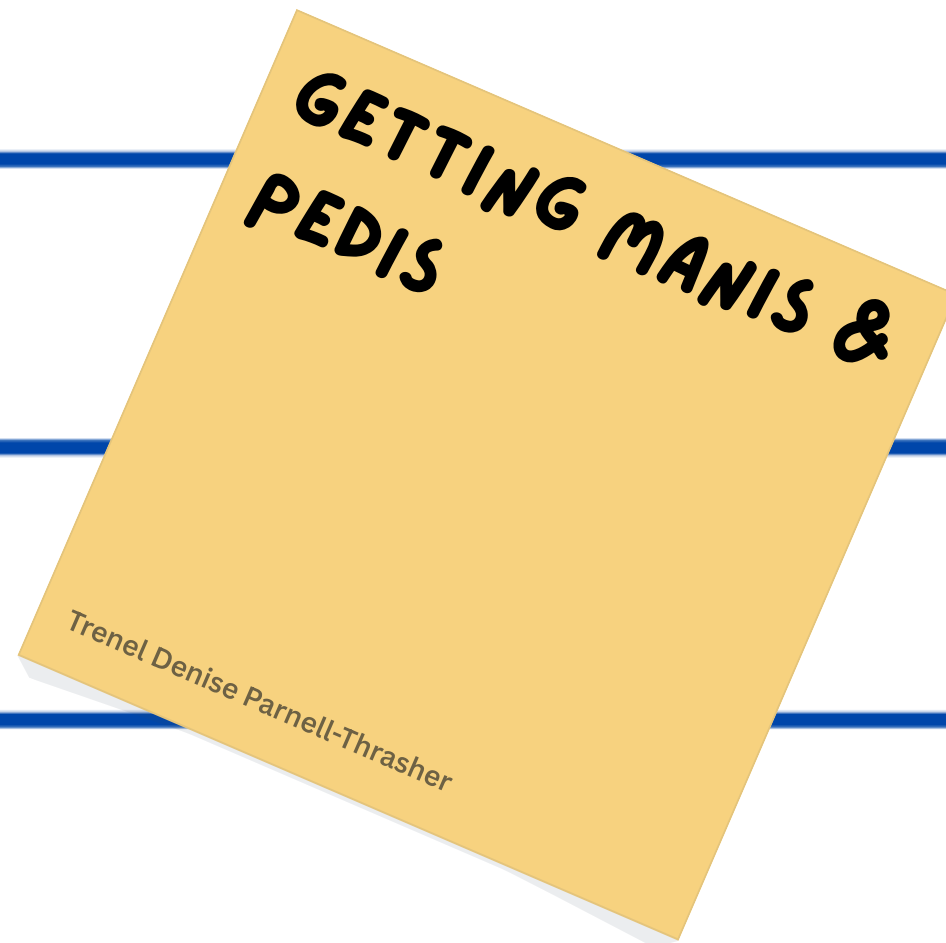
**I LOVE THE  
SCARS ON MY  
LEGS!!!**

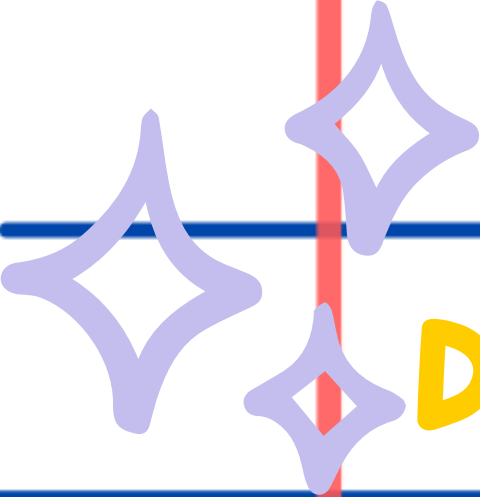
Cassie Thorn

**ACTIVITY #2: BRAINSTORMING  
TIME: WHAT DOES SELF-LOVE LOOK  
LIKE TO YOU? (HINT: THINK OF  
SOME OF YOUR FAVORITE  
ACTIVITIES YOU LIKE TO DO FOR  
SELF-CARE)**



# SELF-LOVE LOOKS LIKE.....





**SELF-CARE & SELF-LOVE CAN LOOK**

**DIFFERENT FOR EVERYONE!** WHETHER YOU

**ENJOY WORKING OUT, GETTING MASSAGES**

**AND/OR FACIALS, GOING SHOPPING, OR**

**EVEN TAKING NAPS, IT IS IMPORTANT TO**

**REMEMBER TO TAKE TIME OUT FOR**

**YOURSELF TO SHOW YOURSELF SOME SELF-**

**APPRECIATION TO HELP BOOST YOUR SELF-**

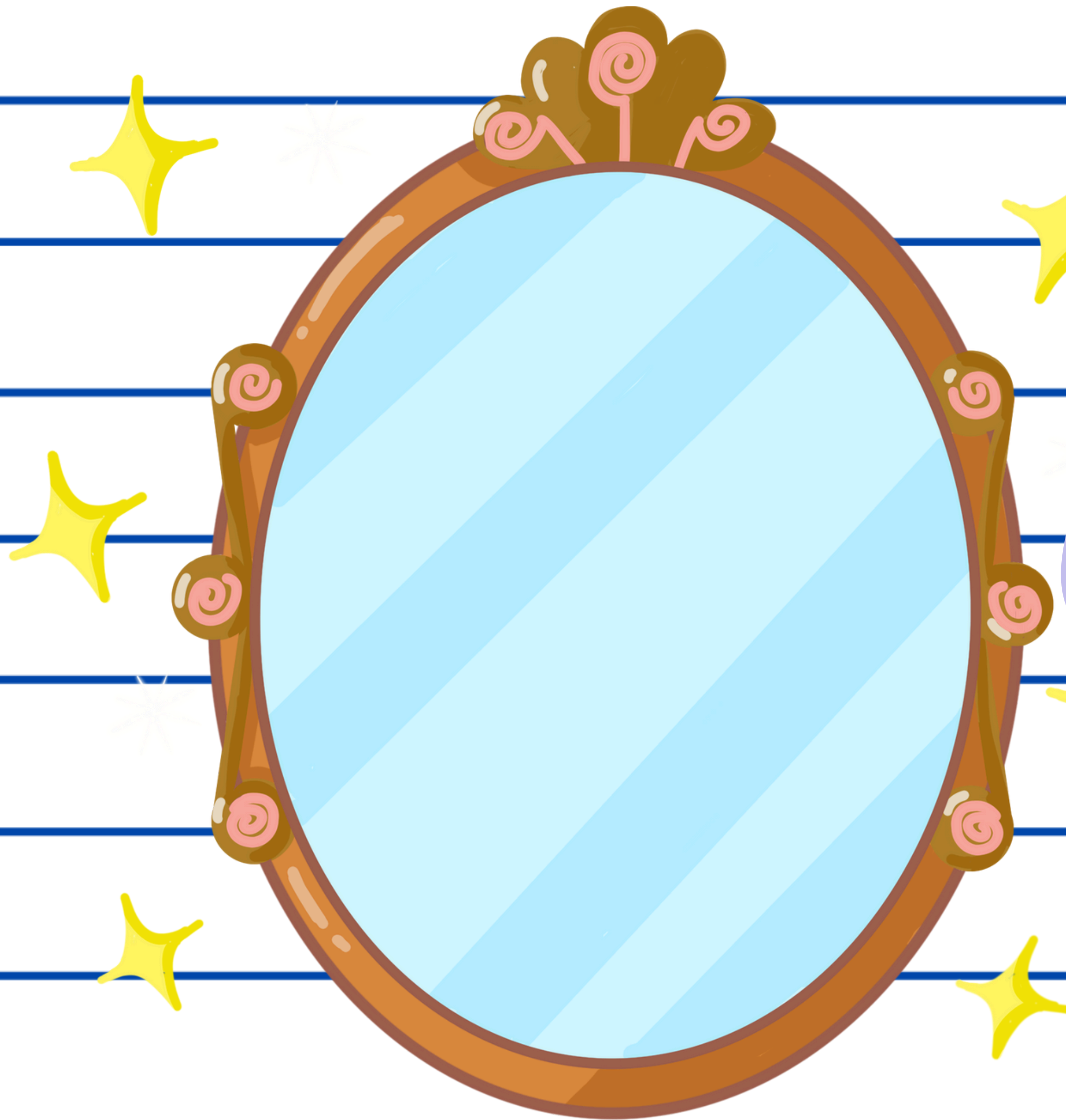
**CONFIDENCE EACH DAY!**



# SAY WHAT! POSITIVE AFFIRMATIONS?!

POSITIVE AFFIRMATIONS ARE EMPOWERING STATEMENTS THAT HELP BUILD ONE'S SELF-CONFIDENCE, CULTIVATE A POSITIVE MINDSET, REFRAME NEGATIVE SELF-TALK, & OF COURSE INCREASE ONE'S SELF-CONFIDENCE AND MENTAL WELL-BEING.

YOU DESERVE  
ALL THE  
G   D  
THINGS



ACTIVITY #3: MIRROR, MIRROR  
ON THE WALL....: TAKE THIS  
TIME TO THINK OF AT LEAST 4  
OR MORE POSITIVE  
AFFIRMATIONS TO ADD TO  
YOUR MIRROR!



HERE'S ONE FOR THE CLASS...

FEEL FREE TO POST YOUR  
AFFIRMATIONS YOU MADE  
ON AN ACTUAL MIRROR IN  
YOUR HOME AS A DAILY  
REMINDER!

MY BODY IS  
UNIQUE AND  
DOESN'T HAVE TO  
LOOK LIKE  
ANYONE ELSE'S!

# REFLECTION & SUMMARY...

POP QUIZ TIME \*PAUSE THE VIDEO AND  
THINK OF YOUR ANSWER\*!!!!



**1. FMPB SUPPORTS...**

**A. NOT LOVING YOURSELF FIRST**

**B. LOVING THE SKIN YOU'RE IN AND EMBRACING CHANGE**

**C. NEGATIVE SELF-THOUGHTS**

**2. TRUE OR FALSE: HAVING A NEUTRAL SELF-BODY  
IMAGE IS NOT OKAY.**

**A. TRUE**

**B. FALSE**

**3. SELF-CARE IS IMPORTANT BECAUSE IT HELPS  
INCREASE YOUR...**

**A. OVERALL SELF-CONFIDENCE & SELF-LOVE**

**B. BANK ACCOUNT**

**C. STEPS WALKED THROUGHOUT THE DAY**

4. TRUE OR FALSE: POSITIVE AFFIRMATIONS INCREASE ONE'S NEGATIVE SELF-TALK TO THEMSELVES.

A. TRUE

B. FALSE

CONGRATULATIONS! YOU ARE NOW OFFICIALLY ONE OF FMPB'S "BLOSSOMING BEAUTY BUDS" AKA OUR BBBS! THANK YOU FOR WATCHING FMPB'S FIRST BODY POSITIVITY SEMINAR. WE HOPE YOU ENJOYED TODAY'S CONTENT. MOREOVER, PLEASE JOIN OUR FACEBOOK GROUP AT FMPB'S BLOSSOMING BEAUTY BUDS (BOTANICAL KHEMYSTREE LLC) (THE LINK CAN BE LOCATED ON THE STUDENT HUB). THERE YOU CAN GIVE US YOUR THOUGHTS ON TODAY'S DISCUSSION, MEET YOUR FELLOW BBBS, GAIN INSIGHT/ADVICE FROM OTHERS, JOIN IN ON FUN TOPICS/DISCUSSIONS, AND MORE! ALSO, PLEASE TAKE A SELFIE WITH YOUR CERTIFICATE TO SHOW US & EVERYONE ELSE. SEE YOU NEXT TIME, AND REMEMBER, **YOU ARE BEAUTIFUL AND PERFECTLY MADE!**

