

you are ✨
BEAUTIFUL

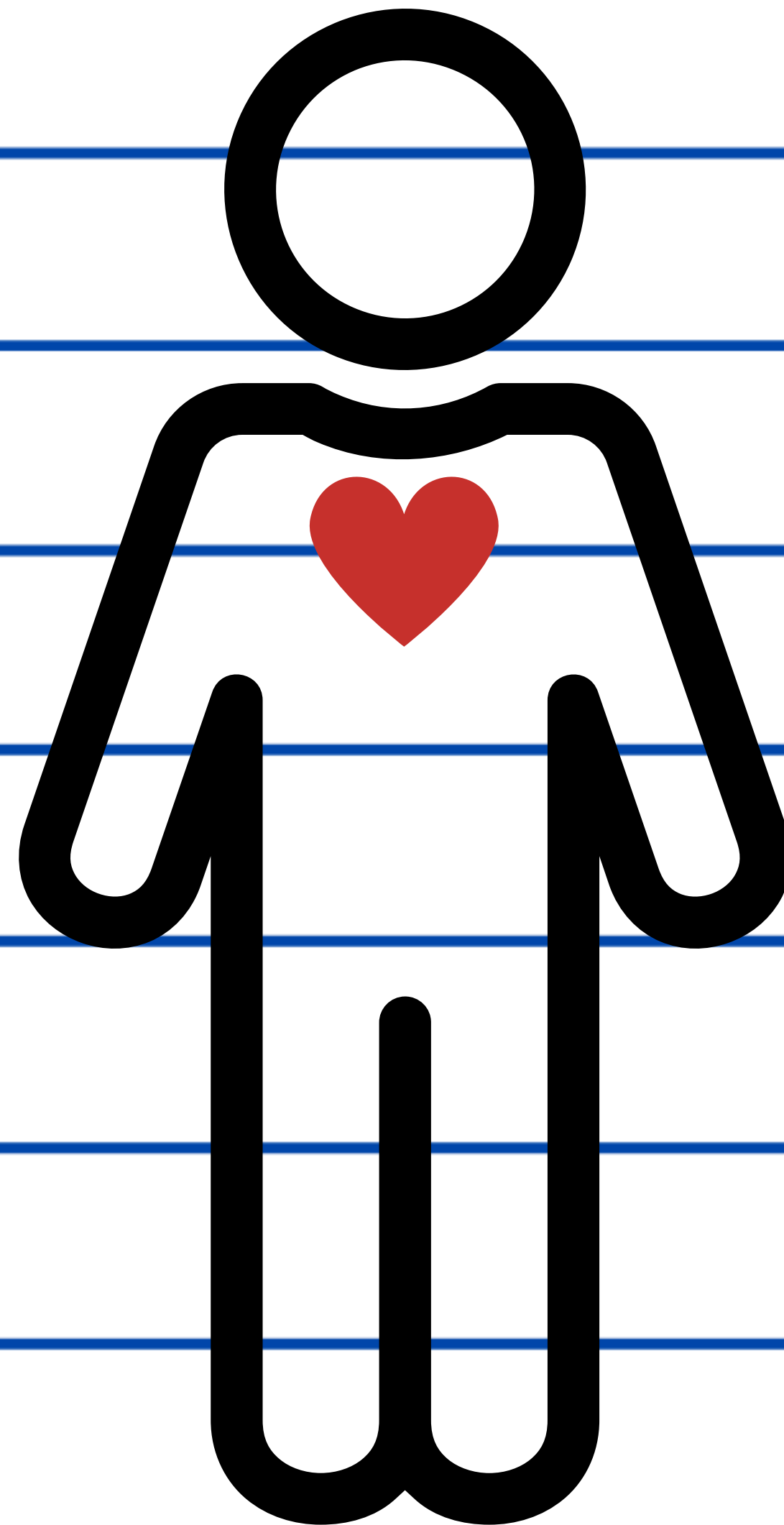


Feed Me Plants Beauty's

Body Positivity Activity Journal

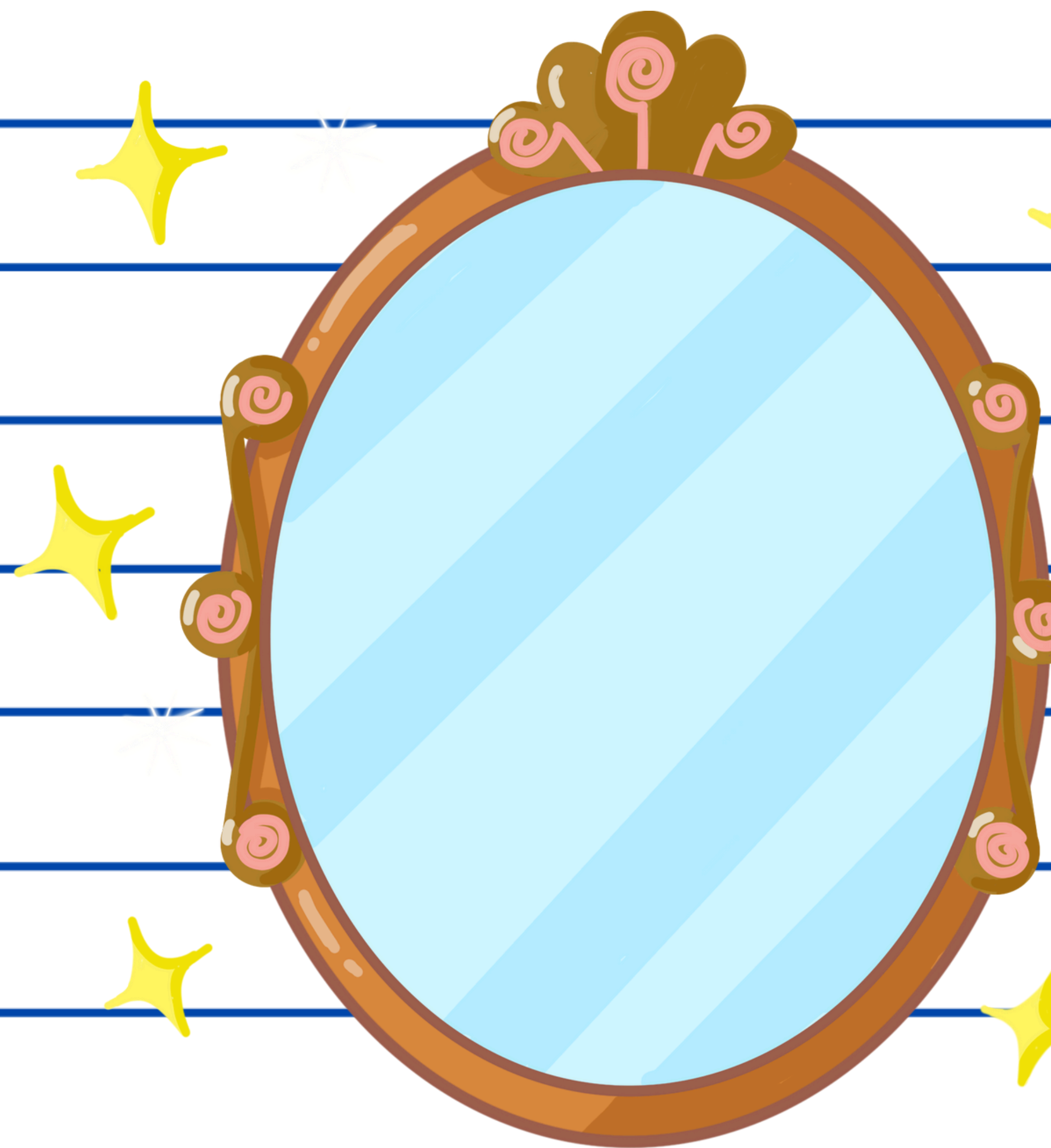
This Journal Belongs To:





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 _____"!

**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)**



**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!**

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

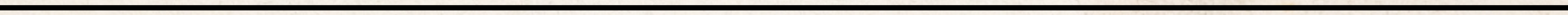
B. FALSE



CERTIFICATE



OF COMPLETION



This certificate is awarded to *FMPB's* "Blossoming Beauty Bud" on their completion of Seminar 1: *"Body Positivity: What is it?"*



Trenel Parnell-Thrasher

CEO OF FEED ME PLANTS BEAUTY



Cassie Thorn

COO OF FEED ME PLANTS BEAUTY

