



Module 3 • Worksheet 3

 This worksheet is about discovering who you REALLY are beyond what you look like!

PART A — After a Comparison, What Do You Want to Change?

🙄 After comparing yourself with someone, what do you usually feel like doing?

Tick all that apply:

- ☐ Change my hair or clothing style
- ☐ Change my body shape through diet or exercise
- ☐ Buy new products (make-up, skincare, clothes, etc.)
- ☐ Edit or filter my photos before posting them
- ☐ Spend more time on social media looking for inspiration
- ☐ Nothing — I accept myself as I am
- ☐ Focus on things I'm already good at
- ☐ Other:

🤔 Is there a big difference between what you **WANT** to change and what you actually **LIKE** about yourself?

🙄 What I want to CHANGE

😊 What I actually LIKE about myself

PART B — How Would You Describe Yourself?

 If someone who has never met you asked you to describe yourself, what would you say?

Write your answer below — try to go beyond just physical appearance!



Sport & Prevention of Emerging Eating Disorders



SPEED PROJECT

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PART D — What Makes Me Who I Am?

🏅 If you had to rank the **THREE** most important things that make you who you are, what would they be?

(Think about: your values, personality, relationships, skills, passions, experiences...)

🏅 1st	🥈 2nd	🥉 3rd

🤔 Where did physical appearance end up in your ranking? Does that feel right?

★ Key Message

You are so much more than how you look! Your strengths, values, kindness, passions and personality are what make you truly unique. Don't let comparisons hide the best parts of who you are.

💡 Write down 3 things you love about yourself that have **NOTHING** to do with your appearance. Read them whenever comparisons make you feel low! 💚



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