



Sport & Prevention of Emerging Eating Disorders



What makes you unique
is your greatest asset!

Module 5 • Worksheet 1

 *Your differences are your superpowers — let's discover them!*

PART A — What Makes You Different?

 What are the things that make you stand out from others — your unique traits?

Think about your personality, interests, skills, appearance, background, values, sense of humour...

 A creative talent or hobby:

 **The way I communicate or express myself:**

 **Something I know a lot about:**

 The way I treat other people:

♥ Something I care deeply about:

 **My unique background or story:**

PART B — How Would You Describe Yourself?

 **Imagine describing yourself to a person who has never met you. What would you say?**

Try to go beyond just physical appearance — write in full sentences if you can!



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🤔 Now re-read what you wrote. How much of it focuses on your **PERSONALITY** vs your **APPEARANCE**?

Personality / inner qualities: approximately %

Physical appearance: approximately %

PART C — How Much Do You Value Your Differences?

 Rate how much you VALUE each of these aspects of yourself right now:

Be honest! (1 = I don't value it at all, 5 = I value it a lot)

My personality and character	1 Not at all	2	3 Somewhat	4	5 A lot
My skills and talents	1 Not at all	2	3 Somewhat	4	5 A lot
My values and beliefs	1 Not at all	2	3 Somewhat	4	5 A lot
My physical appearance	1 Not at all	2	3 Somewhat	4	5 A lot
My unique background / story	1 Not at all	2	3 Somewhat	4	5 A lot

PART D — Would Changing Yourself Make Others Like You More?

 If you changed your appearance and personality to be more like ‘everyone else’, do you think people would like you more?

- ☐ Yes, definitely
- ☐ Maybe some people would, but not all
- ☐ No, but I still feel pressure to fit in
- ☐ No — the right people like me for who I am

 Can you think of someone in your life who likes or admires you **BECAUSE** of what makes you different?



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Key Message

The things that make you different from everyone else are not flaws to hide — they are the qualities that make you truly you. The people who value the real you are worth a thousand people who only like a version of you that you had to construct.



Think of one thing you usually try to hide about yourself. What would happen if, just for today, you didn't? ✨



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