



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders



Seeing Yourself with New Eyes

You are more than what you see in the mirror!

Module 5 • Worksheet 2

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This worksheet is about learning to see yourself more kindly — like a good friend would!

PART A — What Do You See in the Mirror?



When you look in the mirror, which parts of yourself do you focus on?



What I usually focus on (things I don't like)



What I could also notice (things I like)



The parts you look at most — are they the ones you LIKE or the ones you DON'T LIKE?

- ☐ Mostly the ones I don't like
- ☐ Mostly the ones I do like
- ☐ A mix of both
- ☐ I try not to focus on any specific part



If you tried to look in the mirror and only notice what you LIKE — what would you see?

List at least 3 things, however small!

- _____
- _____
- _____

PART B — Looking Without Judging



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Instead of asking “Do I like this?”, just notice it as it is. How does that feel different?



Notice the difference between how you talk to yourself and how you'd talk to someone you care about!



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 Complete these sentences honestly:

 **A strength I have that others notice:**

💜 One thing I accept about myself even if I'd sometimes like it to be different:

You are not just what you see in the mirror. You are your kindness, your humour, your passions, your strengths, your story. Start noticing ALL of you — not just the parts you want to change.

💡 Every day this week, try to say one kind thing to yourself in the mirror before you leave. It doesn't have to be about your appearance! 💚