



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders



What Is My Ideal Image?

Think about what makes each of us unique



Module 1 • Worksheet 1

Mòdul 1 • Full de treball 1

💡 Omple aquest full segons les TEVES pròpies idees — no hi ha respostes correctes ni incorrectes!

PART A — La imatge ideal

Per a cada zona del cos, escriu o dibuixa com és la teva imatge ideal:

	Cara	Cabell	Tors i braços	Malucs	Cames
Dona					
Home					

Altres detalls d'estil que t'importen (marca els que sí!):

- Pentinats i cabell
- Ungles
- Maquillatge
- Estil de roba

PART B — Què em fa únic/a?

Què et fa diferent de tothom — és a dir, únic/a?

◆ **Les meves característiques físiques úniques:**

◆ **Qualitats que admiro de mi mateix/a:**



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◆ Com m'encantaria passar el temps:



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