



What Is My Ideal Image?

Think about what makes each of us unique



Module 1 • Worksheet 1

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💡 Fill this sheet in based on YOUR own ideas — there are no right or wrong answers!

PART A — The Ideal Image

For each body area, write or draw what your ideal image looks like:

	Face	Hair	Torso & Arms	Hips	Legs
Woman					
Man					

Other style details that matter to you (tick the ones that do!):

- Hairstyles and hair
- Nails
- Make-up
- Clothing style

PART B — What Makes Me Unique?

What makes you different from everyone else — in other words, unique?

◆ **My unique physical characteristics:**

◆ Qualities I admire in myself:



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SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

◆ **Values that are important to me:**

◆ **How I would love to spend my time:**

💡 *Remember: being unique is something to celebrate! No one else in the world is exactly like you. ❤️*



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