

♥ Does Only Image Matter?

What really counts in life?

Module 3 • Worksheet 2

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 *This worksheet is about your values and how you spend your energy!*

PART A — Everything That Matters to You

★ Think of all the things that are important to you in life. Write as many as you can!

(Think about: friends, family, hobbies, school, sports, creativity, animals, future dreams...)

PART B — How Do You Spend Your Day?

 **Think about a typical day. How much time do you spend on each of these activities?**

Fill in the hours and the percentage (out of 24 hours):

 Scroll & Compare	 Appearance (grooming, gym)	 Other things I care about	 Rest / free time
____ hours/day = ____ %	____ hours/day = ____ %	____ hours/day = ____ %	____ hours/day = ____ %

🤔 Looking at those numbers — does the time you spend on appearance match how important it feels to you?



SPEED PROJECT

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- ☐ Yes, it feels about right
- ☐ No, I spend MORE time on appearance than it deserves
- ☐ No, I spend LESS time on appearance than I'd like

PART C — My Future Self



What are your dreams and wishes for the future?

What kind of person would you like to become? What would you like to do?



Rate how important physical appearance is in each of your future plans:

★ _____	My dream job or career
★ _____	My friendships
★ _____	My relationships / love life
★ _____	My hobbies and passions
★ _____	My health and wellbeing
★ _____	How I feel about myself

(Use: 1 = Not important at all → 5 = Very important)



Is physical appearance in your top priorities for the future? Why or why not?



Key Message

Physical appearance is just one part of who you are. Your passions, kindness, intelligence, creativity, and relationships all deserve just as much — and often more — of your time and energy!



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💡 Next time you catch yourself spending too much time worrying about how you look, ask: "Is this energy better spent on something I really care about?" 💪



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