



What I Like About Me*

Liking yourself and your body is an important part of VITALITY and can help you reach and stay at a healthy weight.

Try saying positive things to yourself every day. For example:

- I accept myself and others.
- I am proud of the things I've done.
- I have a sense of humour.
- I enjoy my work.
- I am aware of my strengths and weaknesses
- I have a good outlook on life.
- I want to keep growing and changing to feel better about myself.
- I don't let fear keep me from doing all I want to do.
- I am realistic about the goals that I set.
- I know what is important for me.
- I look forward to the future.



Add a few more of your own:

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* Adapted from the Ontario Ministry of Health's "I Rate +" program, in The Healthy Weight Program, Nutrition Services, Halton Regional Health Department, 1994.

Enjoy eating well, being active and feeling good about yourself. That's

