



From Shame to Fit and Fabulous

By Ginny Wolfe

- Take a moment to think about your childhood. Were there any experiences that had a negative impact on your life?
- How are you coping with those negative experiences today?
- What steps did the author take to help her to develop a positive self-image?

Bonus Question

Which of these steps can you put into practice today to start living life in a more positive way?

Reach UP to God

God, you made my body. I thank you for how it works and even, yes Lord, how it looks. Thank You. I really mean it. Please help me to take care of it so that I can feel better and live as best I can all the days that You have for me.