

RADIANT

BODY IMAGE & STYLE

WORKBOOK

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*Glow Up,
Sister.*



BEAUTY IDEALS: Journaling Questions

What is your understanding of beauty? Write your thoughts below.

When you look at your body, what do you see? Do you see it through
the lens of grace or shame?

AS YOU *Nurture* YOUR
SPIRITUAL HEALTH &
IDENTITY, YOUR *Perspective*
ON YOUR BODY CHANGES,
Reflecting HIS LOVE FOR
YOU.

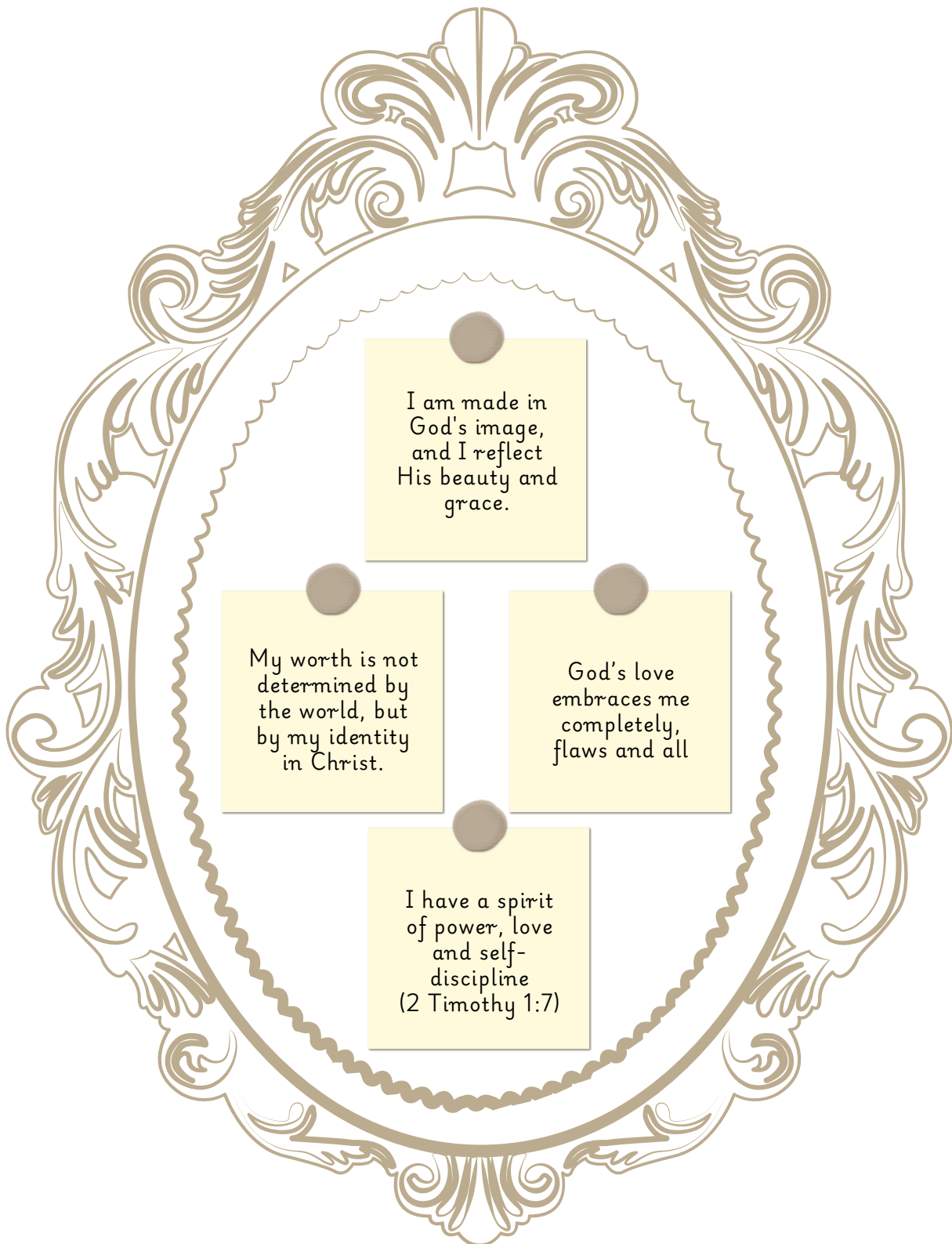


How have social media, magazines and cultural influences impacted how you view yourself? Write down your thoughts and feelings below.

What labels (thoughts and voices) have you started to clothe yourself with, knowingly or unknowingly? For example "thick", "fat", "too dark", "too skinny", "ugly" etc.

MIRROR AFFIRMATIONS

Stand in front of a mirror and identify three things you like about your appearance. Ask God to show you how He sees you, write them down on the next page and then say them out loud as affirmations daily and in your prayers.




I am made in
God's image,
and I reflect
His beauty and
grace.

My worth is not
determined by
the world, but
by my identity
in Christ.

God's love
embraces me
completely,
flaws and all

I have a spirit
of power, love
and self-
discipline
(2 Timothy 1:7)





I am made in God's image, and I
reflect His beauty and grace.

I thank God for the uniqueness that sets
me apart.

My value is not in comparison - I am priceless,
irreplaceable

I see myself through the lens of God's love, not
societal expectations and cultural norms.

My body is a sacred vessel, worthy of love and care.

My beauty and well-being is not defined by a number
on a scale - who God says I am is what truly
matters.

My body is a testament of God's creativity - I marvel
at His work.

God's love transforms how I see myself - I trust in
His plan.

God's love for me goes beyond any physical
imperfection.

I was created by You and for You.

God's love for me goes
beyond any physical
imperfection.

IN HIS LIKENESS:

Journaling Questions

Write one truth about what God has said about you. How can you start to think about your body in a way that aligns with God's love and acceptance?

How does embracing this truth and view help you have a positive body image?

BIBLE VERSES TO ENCOURAGE YOU

In the Bible, some wonderful verses and reminders highlight your identity and beauty as a daughter of God. These Bible verses can provide comfort and inspiration as you embrace and express your true and whole self.

Psalm 139:14

I praise you because I am fearfully
and wonderfully made; your works
are wonderful, I know that full well.

God knit you together.

Ephesians 2:10

For we are God's handiwork, created
in Christ Jesus to do good works,
which God prepared in advance for
us to do.

Romans 12:1

Therefore, I urge you, brothers and
sisters, in view of God's mercy, to
offer your bodies as a living sacrifice,
holy and pleasing to God—this is
your true and proper worship.

He gave you this body to steward.

Genesis 1:27

So God created mankind in his own
image, in the image of God he
created them; male and female he
created them.

You are an image bearer of God.

*As you continue to discover and embrace your
beauty, remember that you are wonderfully
made & chosen*



***YOUR STYLE SHOULD
Enhance. Celebrate
& Reflect **WHO YOU
ARE, NOT MASK IT*****

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STYLE WITH PURPOSE:

Journaling Questions

What do you like about style and fashion?

Who around you inspires you? For example, your mum, aunty, grandma, and older siblings and explain why.

STYLE MOODBOARD

Create a moodboard representing your personal style, incorporating elements of modesty, values and culture.

The activity will help you visualise how you want to express yourself through style.



HEART REFLECTIONS:

Journaling Questions

Do you find your worth and beauty in your outfit and comments,
or in your identity in Jesus?

Prayer Reflection: What do you need to bring to God and pray
about regarding your body image, style, and self-worth? Take a
moment to reflect on how God sees you and how you want to
feel about yourself.
