

# *Beloved and Worthy*

## *Challenge - Day 2*

### *Reflection Questions*

1. What holds me back from thinking of myself as wonderful?
2. What did today's video help me realize needs to change about the way I talk and behave toward myself?
3. Do I see my body as a precious temple to be taken care of, or as ugly and needing to be punished?
4. What or who do I look to for validation- boyfriend, friends, social media following?
5. What am I grateful to God for about how he has created me?

### *Action*

Put on your favorite outfit today. Praise God for each part of your body that works and that can do beautiful things.

