

List the actual facts about your appearance in column one.
In column two, list what you wish the facts were if you could choose.

COLUMN ONE

COLUMN TWO

1. Height _____

2. Weight _____

3. Hair Color _____

4. Hair Type (straight, curly, thick, thin, etc.....)

5. Figure Type _____

6. Complexion Coloring

7. Others _____

Now...Cross out the facts you cannot change.
What is left? How willing are you to do something about them?

A QUESTION FOR THOUGHT

If you drew a picture of yourself, what would you emphasize as your best features? Do you think that if your best friend (or girlfriend) drew a picture of you, it would look like the one you drew? Now supposing somebody you know dislikes you, drew your picture, how would that one look? What does all this disprove about appearance?

TOO OFTEN WE JUDGE OURSELVES AND OTHERS ON FACE VALUE ALONE.

IT'S NOT COOL TO BE ITALIAN OR BLACK OR JEWISH OR IRSH OR ANYTHING ELSE.....

IT'S JUST COOL TO BE AROUND TO ENJOY THE WORLD, OURSELVES AND OTHERS.....

IT'S JUST COOL TO BE ALIVE!!!!!!!!!!!!!!
