

Results

What do you like most about your appearance?

- #1 Eyes
- #2 Hair
- #3 Nothing

What do you like least about your appearance?

- #1 Stomach
- #2 Thighs
- #3 Butt

What is the one thing you would change about your physical appearance?

- #1 Thinner/More toned overall
- #2 Stomach
- #3 Complexion

What is the first thing you see when you look in the mirror?

- #1 Aging
- #2 Eyes/Hair
- #3 Size/Weight

(A 13 yr. old responded with, "I see God's creation! Wow!")

What do you think of when you hear the word beauty?

- #1 Nature, God, Creation
- #2 Supermodel, Actress (Tall, thin, perfect hair and face)
- #3 Inner beauty

What makes you feel beautiful?

- #1 Dressing Up
- #2 Affirmation (mainly from strangers)
- #3 Husband

(A 21 year old responded that she has never felt beautiful.)

Results

Has your dad ever said you are beautiful?

Yes 65%

No 35%

Is beauty important for your overall happiness?

Yes 92%

No 8%

How old were you when you remember first feeling self conscious?

#1 12 years old

#2 8 years old

#3 5 years old

Do the women in your life make you feel valued?

Yes 94%

No 6%

What would you tell the 5 year old you if you could go back and tell her anything?

Don't listen to what others think, don't let it dictate what you think of yourself.

You are going to be told A LOT about beauty and how to be beautiful. As hard as it may be, focus on the fact that God made you beautiful and that's all that matters! God's love is more important than anything else.

Find your beauty by looking inside not outside. True beauty starts in the heart and works it's way out.

You're beautiful no matter what!

Be true to yourself

Cultivate a lifestyle of health

People are too concerned about themselves to notice all of your flaws

Feel beautiful for yourself on your terms. If you do it for someone else, they will take it with them when they leave.

Beauty comes from how you live and treat others. Some of the most beautiful people I know laugh a lot.

Love yourself first, be confident!

This will pass and you will be fine.

Don't listen to the lies.