Analyzing Influences – Issue: Body Image & Positive Self-Concept

Create a web with your name and health issue in the center. Each spoke signifies an influence in your life (i.e. family, peers, social media, etc.). Identify at least 5 influences AND the message that you receive from each of those influences about body image and self-concept. Finally draw a line connecting the source to yourself – the thicker and bolder the line, the more powerful you feel that influence is on your decisions and behaviors about this topic.

Complete this at the end...
What is one action you can take to positively improve your own self-concept?