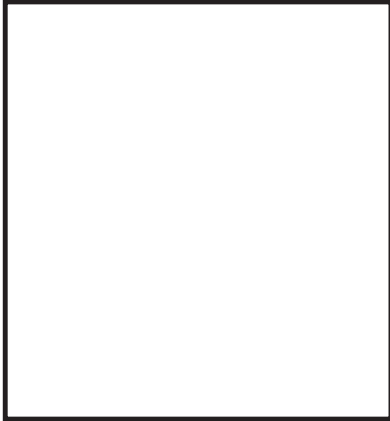
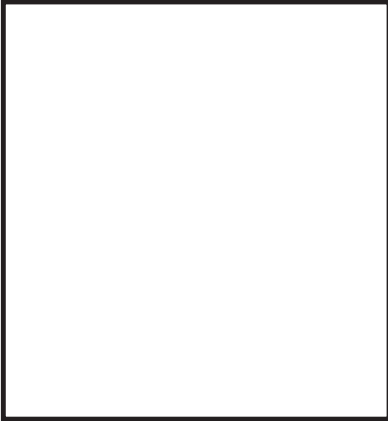


Look at me!

Working towards an ideal self

What I look like now:	What I want to look like:
Draw/photograph and label. 	Draw/photograph and label. 

How can you get nearer to your 'ideal' appearance? What do you need to do?

Record your targets and discuss with a partner.

- 1.
- 2.
- 3.

Who else can help you and how?



Photocopiable:

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