How I Look Journal

Fifth Edition
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Disclaimer

The information contained in How I Look Journal is not intended as a substitute for health advice or treatment.
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**This is not a WORKBOOK—it’s a JOURNAL!**

By that, we mean it is for you to record your truest thoughts, just like you would in a diary. Your journaling is for your eyes only, unless YOU choose to share it!
Hey Journal Girl!

Before you begin your journaling adventure, there are a few things you should know.

There is just one rule: There are no rules!

How you use this journal is up to you. Skip back and forth through sections, write in the margins, or do whatever you would like. Give yourself permission to see how special you are and to use your voice. There is no need to feel shy or embarrassed because this journal is for your eyes only.

Whether you have been keeping journals or diaries for years or have never written before, we think this journal will help you become the expert author of your story. We’ve titled many blank pages and journal entries, “Through my eyes” because this is your opportunity to write about how YOU see things with no prompting from us. I’ve shared a few “Through MY eyes” with you, too! Other times we will provide a guided journal prompt just to get you thinking, but how you think is really up to you! Most importantly, have fun!

Love, Molly

P.S. Although this journal is for your eyes only, we hope you will find a trusted adult to speak to if you have questions, concerns, or just want to share your thoughts.

“[S]he who asks a question may be a fool for five minutes. But [s]he who never asks a question remains a fool forever.”

~Tom J. Connelly

“You never know when a lovely idea is going to flit suddenly into your mind, but by golly, when it does come along, you grab it with both hands and hang on tight. The trick is to write it down at once, otherwise you’ll forget.” ~Roald Dahl, author
Dear Journal Girl,

Have you ever heard the term “identity” before? Your identity is made up of all the different things that make you uniquely you— from your looks and personality, to your talents, relationships, and more!

It’s really important that you know and value all the different parts of who you are because you are so much more than just someone’s little sister, a member of a sports team, or how you look. Knowing and appreciating all of the things that make you the person who you are can help you stay “true to yourself” and be strong and confident. When something that’s an important part of who you are changes, it’s easier to handle it if you know and value all the other things that go into making the one and only YOU.

In this chapter you will be able to think about the many parts of your identity, celebrate all those things that make you a true original, and learn why it’s important to know and value everything about yourself.

Read (and write) on to see who you really are.

Love,

Molly

“Know thyself.” ~Plato, Greek philosopher
Even More Words That Describe Me

Give yourself permission to know and say what your strengths are! Who knows? It may help you win an election or land your dream job!

Peaceful  Helpful  Rascal  Questioning  Sensational
Quiet  Mindful  Practical  Disciplined  Trailblazer
Gutsy  Rational  Sincere  Cooperative  Complicated
Bright  Zestful  Honest  Outspoken  Energized
Sweet  Inventive  Tough  Persistent  Even-tempered
Patient  Cheeky  Fair  Motivated  Problem Solver
Quick  Loyal  Kind  Exuberant  A little weird
Gentle  Outgoing  Fun  Particular  Uninhibited
Candid  Magnetic  Calm  Dog Person  Compassionate
Loving  Poetic  Lovable  Nurturing  Understanding
Handy  Caring  Leader  Optimistic  Trustworthy
Detailed  Mighty  Reliable  Passionate  Spontaneous
Natural  Polite  Tranquil  Eccentric  Changeable
Interesting  Warm  Content  Talkative  Cat person
Principled  Rare  Original  Headstrong  Did we forget any?

Having trouble? Which ones would your parents or friends pick?

Writing and saying these words is an affirmation of ALL THAT I AM!

Please record your words on page 105.
A role model is someone another person admires and tries to be like. To model means to copy or to imitate. People choose role models for many reasons including the person’s fame, appearance, personality, possessions, profession—some aspect or aspects of that person’s identity. Finding a role model who has successfully accomplished something you want to accomplish can provide you with the guidance to achieve that goal. A role model who has qualities you admire can inspire you to be that way, too. It’s important to find role models who help you feel good about who you are and who you can be. Two qualities that we think are important are a person’s character and deeds, which is why we call this Model Behavior. See the first person we gave a Model Behavior Award to on page 58.

Is there someone you admire for her character or deeds?

Through my eyes...
I admire
The Things That Stress Me Out (My Stressors) are...

Ahhgg! The test is today?!!

She didn’t invite me, and she invited EVERYONE else!

I just can’t decide!!!

This is the biggest ZIT I have ever seen!
Creating a special place in your mind where you can “go” when things are stressful can be like a mini “vacation”! This technique is referred to as visualization because you are literally visualizing (or seeing in your mind) a place that helps you feel good or calm. Imagine your special place. What does it look like? How does it sound, smell, and feel? The more details you can imagine, the better! How does it make you feel when you think about this place?

My special place...

“Peace within makes beauty without.” ~English Proverb
How They Look

THINKER QUESTION: Is one of these girls healthier than the other?

*Information is Power!* Find out if you answered this correctly and how information can help you know what to expect, what’s normal, and what is and isn’t in your control as you grow and change. Read on!
Your Genes

The genes (not jeans!) you inherit from your biological parents influence your shape and size more than anything else. Before you are even born, those little magical “computer chips” are what pre-determine everything from your skin and bones to even some parts of your personality and talents. It’s just as important to be comfortable with your genes as it is to be comfortable in your jeans!

Use this space to make a collage of your family pictures.

“Genes are like biological computers, programmed to tell our bodies how to grow.” ~ Healthy Bodies, Teaching Kids What they Need to Know, by Kathy Kater, LICSW. p. 66
Normal and Healthy Looks
Normal, healthy girls come in all shapes and sizes!
They all look unique, just like YOU!

Here is the answer to the THINKER QUESTION on page 44...

We don’t know if one of the girls on page 44 is healthier than the other because we cannot draw any conclusions about their health based on their looks!
Looks don’t tell us anything about a person’s physical activity or eating habits, which are two behaviors that influence health, no matter how a person looks!
Normal, healthy girls come in all shapes and sizes!

Now, test your parents and see if they know the right answer!

Through my eyes...
Body Wonders

Can you imagine if we had to learn how to GROW?? There are lots of things our body does without any effort or skill on our part: we breathe, our body gets tired, we get hungry and thirsty, our hearts beat 100,000 times in one day, our hair grows even after a bad haircut, our cuts heal, and we grow strong and beautiful!

Thoughts on sleep (or lack of it)...

Just thought you should know... The 5 essential things we need to live are: air, water, food, sleep, and shelter (to maintain our body temperature). That’s why our body sends us really strong signals to make sure we satisfy these needs. If you are getting grumpy, are having trouble paying attention, and can’t think of anything except how hungry, thirsty, sleepy, hot, or cold you are, that’s your body’s way of saying “LISTEN!”

This is also the reason why most diets fail! If you would like to learn more about this, ask an adult to help you review the valuable lesson that explains this so well in Healthy Bodies, Teaching Kids What they Need to Know by Kathy Kater: Lesson 7 HUNGER AND EATING: What Is and Is Not in our Control available as a sample lesson in Resources: http://bodyimagehealth.org/
Through my eyes...
When I was 11, I went to tennis camp. Every afternoon, I went home in tears because I couldn’t STAND UP all day, much less play well, and I was in a lot of pain. At first I was very angry with myself. Eventually, I found out that I have a kind of arthritis that even kids can get. After a while, some medication, and advice from my great doctors, I was able to do more and the pain lessened. I appreciate everything I can do now, but just as importantly, I’ve learned to recognize when my body needs some tender loving care.

The world isn’t going to slow down, but you have the power to slow down your own life. Remember to listen to your body and take time for yourself.

Love, Molly

Thoughts on tender loving care...
This could be as simple as painting your nails or taking a bubble bath. How do you take care of yourself?

Thoughts on feeling better after being sick...

“Treasure yourself.” ~Richard Carlson, author of Don’t Sweat the Small Stuff
Have you ever noticed that after a whole day of being a couch potato you seem to feel more tired instead of well rested? After engaging in regular physical activity for a while, most people start noticing how good they feel! Make a conscious effort to engage in some FUN physical activities for 30-60 minutes most days this week, and see how good you feel!

### Record for a Week...

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**After a week, I felt...**
Dear Journal Girl,

Do you ever watch TV or movies, read magazines, or see advertisements online, on signs, billboards, buses, or even on your phone? All of those images and messages are referred to as the media. You would have to live under a rock or in a cave to avoid it!

Sometimes it seems like we are being told how we should think, feel, look, and what we absolutely HAVE TO HAVE in order to have the right look and the right life. Advertisements use many different techniques to persuade us to buy the featured product. Sometimes the words and images are even designed to influence our values and beliefs.

In this chapter you will learn how to recognize those advertising techniques and the “hidden messages” in words and images. Then you can begin to make your own decisions about how to look and what you really need. Read on to learn more about these messages and the “perfect” images we so often see and admire.

Love,
Molly
Beautiful Barbie

It is estimated that two Barbies are sold every second in the world, and 90% of all American girls ages 3-11 have a Barbie doll—most have more than one!

Do you think that influences some girls’ beliefs about who is beautiful?

If Barbie was real, she would look very odd:
- She would be 5’9” tall, which is about 5 inches taller than the average adult woman.
- Her feet would only be a size 3 (a child’s size). This would make it impossible for her to stand on her own (especially in her very high heels)!
- Her neck would be twice as long as an average person’s and would be too weak to support her head!
- Her waist would be no larger than her head, which would be too skinny to be healthy.

Sometimes when girls play with dolls that look grown up like Barbie, they imagine that they could grow up to look like her. In fact, in the very first Barbie commercial, girls heard, “Someday I’m gonna be exactly like you...til then I’ll know just what I’ll do; I’ll make believe that I am you.”

Is Barbie a realistic role model for anyone? (A role model is someone who another person admires and tries to be like.)

THINKER QUESTION:
When you were little, were your make-believe role models realistic for a real girl?

Some realistic role models for me now are...
I Wouldn’t Say That to My Worst Enemy!
Is that the way I’m talking to myself?

Be honest. Is there something you’ve said in your head about yourself that you wouldn’t even say to your worst enemy?

Now, keep reading to see how to change the voice!
“You can’t depend on your eyes when your imagination is out of focus.” ~Mark Twain, author
Dear Journal Girl,

How do you feel when you get dressed in the morning? Some girls love picking out an outfit, and some care most about wearing something comfortable (and not being late for school!). Some girls may worry about having the “right” look, how the “right” look looks on them, or what people may say about their clothes. We all have different feelings about clothes, and it’s normal for these feelings to change, too.

You may not have much interest in clothing or playing dress-up and that’s ok! There is no particular reason or time when you are supposed to start caring about what you wear, which is different from caring about your general appearance (read more about that on page 120). Some girls enjoy dressing in the latest trends and some have fun developing a unique, personal style to express who they are. Not everyone thinks that’s fun or interesting.

This chapter is called “Playing Dress-Up” first and foremost because we want it to be fun! Read this chapter if it’s interesting and fun for you, or if you want to learn tips to like how you look in your clothes. If this doesn’t appeal to you, feel free to skip the rest of this chapter once you have read page 120.

Read on to explore some of the factors that can influence your clothing choices, what your personal clothing preferences are, and to learn how to influence your perceptions.

Love,

Molly

P.S. We can never really know what other people think, and we can’t control it either. The only view that matters, and the one that you can actually control, is your own. My wish for you is that after playing dress-up you will see that the right look for you is the look YOU like, and you will have learned ways to find it!

See how you look when you learn about style and silhouette!
PERSONAL STYLE is how you express yourself through the clothes you wear. Great personal style doesn’t necessarily mean sporting the latest trends or wearing expensive designer clothes. We once read that many stylish French women don’t have overflowing closets. Instead of buying each season’s newest fads, they hold on to looks they love—and wear those great outfits over and over again. Some of the most famous fashion icons have “timeless” styles that they wear year after year even as fashions change.

"I base most of my fashion sense on what doesn't itch." ~Gilda Radner, Actor and Comedian
Role Models

Mod-el (mod’l), n. a person or thing considered as a standard of excellence to be imitated.
~Webster’s New World Dictionary of the American Language

Dear Journal Girl,

Who is your role model? By this point you’ve heard us talk about role models (someone another person admires and tries to be like) a number of times, but why is it important to have good role models? Having someone to look up to, who’s behavior or accomplishments you admire, can give you inspiration and help you set and achieve realistic goals for yourself. A good role model will make you feel good about yourself and what you are capable of achieving.

In this chapter you will be able to think about who your role models are and why you admire them. Read on to explore more of our role models and journal about some of your own.

Love,

Molly
Dear Journal Girl,

In this journal you’ve had the opportunity to explore how you look at yourself, your world, and your future. You have written, reflected, and learned so much!

I’m so proud of you for starting this journey of self-exploration and discovery! While this may be the final chapter, this is not the end of the journal. The journal started with YOU, and it continues with you.

My wish for you is that you continue to think about the topics covered in the How I Look Journal and revisit them ever so often (or if you need an information refresher!). You may discover that some of your thoughts, interests, and preferences have changed, while others have stayed the same. For example, have your goals and role models changed? Even if you don’t continue to journal, I challenge you to write a letter to your future or younger self at least once a year. It’s a great way to see how you grow and change personally over time and to check in with yourself.

Remember, how YOU look at yourself, your world, and your future is what counts. This is what you have the power to control and what gives you the confidence to achieve your goals. When you love and respect yourself and embrace other people’s differences, you will be met with love and respect too. Oh, and how could I end without including one of my favorite sayings?

INFORMATION IS POWER!

Love,
Molly

“Today you are You, that is truer than true. There is no one alive who is Youer than You.” ~ Dr. Seuss, American writer and cartoonist
Dear Journal Girl,

At this special time of growth and change when you're FINALLY being allowed, and EXPECTED to think more for yourself, everyone is TELLING you how to think, how to feel and how to see yourself and the world around you.

*How I Look* won’t do that! But, information is power, and *How I Look* will give you information and lots of room to journal so you will have the power to decide how YOU look - at yourself, at your world and at your future. And you’ll have some fun playing with how cute you look, too!

Happy journaling!

Love,

Molly