

Sometimes I don't like the way I look.
How can I learn to love my body?
—Not Sure in Nashville

Dear Not Sure,

There's a lot of focus in our world on what people look like. So it's easy to worry about your body—especially when it's changing! Here are some tips for learning to love your body.



Your body is **amazing!** Your immune system fights off infections. Your brain gives you great ideas. Focus on what your body can *do*, not what it looks like.

When you look in the mirror, pick **one thing** about your body that you're grateful for.

Your body is a **temple.** Think of it as a house for your spirit. You can show love for your body by taking good care of it.

Your body is a precious gift. Take care of it, be grateful for it, and love yourself like your Heavenly Parents love you!
The *Friend*

WHAT'S ON YOUR MIND?
Do you have a question about the gospel, growing up, or getting a testimony? Email us at friend@ldschurch.org and put "What's on Your Mind?" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!

ILLUSTRATIONS BY KELLAN STOVER