

Reflecting Your True Identity

What do you see when you look in the mirror?

Do you pick out things you don't like about your appearance? Do you beat yourself up for your mistakes or weaknesses? Do you see the face of someone who criticizes you staring back?

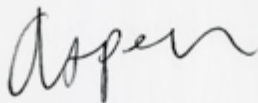
Or do you see yourself as a child of God? Do you see someone who thinks positively and expresses gratitude no matter the circumstance? Do you see the face of someone who treats you with compassion?

When we understand who we truly are, we can overcome self-criticism, perfectionism, and harmful cultural attitudes. We can stop focusing so much on our reflection in the mirror and instead seek to reflect the Light of Christ. In this issue, you'll read about body image and come to a greater understanding of your own worth. I share some insights on body image from the truths found in the scriptures and the temple (see page 44). In digital-only articles, Sandra Vanessa expresses gratitude for her body through the painful but life-changing journey of having a baby, and Aubrey shares three ways to find joy from within.

On page 48, Marcus shares his story of how he overcame negative self-image and how we can all recognize that we are indeed "good enough"—that through the Atonement of Jesus Christ, we can overcome all things.

As disciples of Christ, we can't get tied up in the ever-changing philosophies of the world regarding health and appearance, nor should we take our commitment to good health to extremes. Remember, your worth doesn't come from the size or shape of your body. Your worth is infinite, and it comes from God.

Sincerely,
Aspen Stander



BEST ADVICE . . .

Young adults share their best advice about improving your body image:

"Don't worry what anyone except the Lord thinks of you! I try to remember that those ideas come from Satan because he doesn't have a body."

—*Lauren Appleby, Queensland, Australia*

"Spend time developing a meaningful relationship with Christ. I stop thinking about myself. Focus on others and how you can make a difference in the world."

—*Emily Speth, Utah, USA*

"I think of all the things my body can do: carry a child, walk, run, play, sing, and help others."

—*Blythe Brady, Utah, USA*

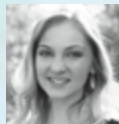
What's the best advice you've ever received about overcoming addictions, even to things like smartphones and video games? Send us your response at liahona.ChurchofJesusChrist.org by August 31, 2019.

SHARE YOUR STORY

Do you have an amazing story to share? Or do you want to see articles about certain topics? If so, we want to hear from you! You can submit your articles or your feedback at liahona.ChurchofJesusChrist.org.

ABOUT THE YOUNG ADULT AUTHORS

Aspen Stander is an editor by profession, an occasional writer, and an avid reader. She likes hiking, traveling, eating chocolate, and playing the piano.



Marcus Paiz is a recruiter for a start-up tech company. He enjoys fitness, singing, and hanging out with his wife, Sarah, and their three cats. He served a full-time mission in Mesa, Arizona, USA.



Sandra Vanessa Vargas-Corvalan is from Mexico City, Mexico. She served a full-time mission in Charlotte, North Carolina, USA. She is a YouTuber who enjoys helping new moms, doing yoga, painting, and spending time with her husband, Miqueas, and their daughter, Sofia.



Aubrey Johnson is happily married to the love of her life and loves her family. She enjoys helping others find joy in real life and through her Instagram account!

