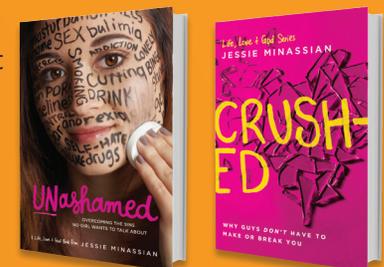


FEELING UGLY?

We all feel “less than” sometimes. Usually our bent to feel ugly is a result of some gunk in our hearts, but as we learned in *Backwards Beauty: How to Feel Ugly in 10 Simple Steps*, sometimes the cure for “the uglies” is just a simple change or two away. That’s why I’ve created The 10 Steps Checklist. It’s a quick way to put our finger on some common reasons we feel ugly, and what to do about it. Obviously “quick fixes” don’t always get to the bottom of things, so if you find you’re checking ALL THE BOXES, maybe it’s time to dust off your copy of *Backwards Beauty* and join me back at page 1 (wink!). But for the occasional “blah” day, keep this checklist handy—like on your bathroom mirror, in your locker, or maybe scribbled on your arm—for a quick way to get to the bottom of those pesky insecurities!

Love,
jessie

PS—Did you know there are more books in the *Life, Love & God Series*? Come chat with me about guys and relationships, or discover a safe place to work through your secret struggles. (Don’t worry—I share my “stuff” first.) Find out more at www.LifeLoveandGod.com/books!



NAVPRESS

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BACKWARDS BEAUTY *how to feel ugly in 10 simple steps*

STEP #1 Believe What You See On Screen

Do you feel a lot of pressure to match a certain “perfect” image? Have you convinced yourself you can or should look like what you see in the media?

Try this: Take a media “fast.” Cut back on the amount of time you’re soaking in media images—TV, social media sites, and magazines.

STEP #2 Get “The Look” at All Costs

Are you running out of time, money, or energy for the most important things in your life because beauty has become a resource hog?

Try this: This week, set some actual limits for how much you’ll “spend” on beauty: how much money, how much time, and how much mental focus you’ll give to looking good.

STEP #3 Compare Yourself to Every Other Girl

Have you been playing the comparison game? Is the vain monster (pride) or the green monster (jealousy) showing its ugly face?

Try this: For the next three days, only look girls in the eyes. When that’s not possible, replace comparison with kind compliments.

STEP #4 Believe Nasty Words (Yours and Others’)

Are people’s mean words getting to you? Or is the evil word ninja in your own head verbally shredding you?

Try this: Remember that words from a suitor have the greatest power of all. Every day this week, read what God has said about your worth and beauty. Soak it in. Believe it.

STEP #5 Refuse to Take a Compliment

Do you feel unworthy, unsure, or awkward when someone gives you a compliment? Are you shooting down others’ nice words about you?

Try this: When someone compliments you today, just say, “Thank you.” No more, no less.

BACKWARDS BEAUTY

how to feel ugly in 10 simple steps

STEP #6 View Your Body as a Power Tool

Do you wonder if the positive attention you're getting from guys is because of the way your clothes highlight your body?

Try this: Fight the craving for attention with big doses of God's Word. You're a beautiful treasure; act and dress the part!

STEP #7 Eat Junk and Diet, Diet, Diet

Are you stuck in a cycle of eating really bad? Do you feel a lot of pressure to diet your way to health?

Try this: Read through the Ten Tips for Eating Right. Choose three tips to focus on this week.

STEP #8 Adore or Ignore Exercise

Is getting into top physical shape taking over your life? Or is it super hard to get motivated to exercise?

Try this: If you're focusing too much on exercise, take a week off of training your body to feed your soul. If the opposite is true, choose one twenty-minute activity (see the activity list for ideas) and schedule it into your week.

STEP #9 Treat Your Scale like a Magic Mirror

Does your mood rise or fall over how much you weigh on any given day?

Try this: Join the scale-less experiment with me, and ditch your scale for the next year!

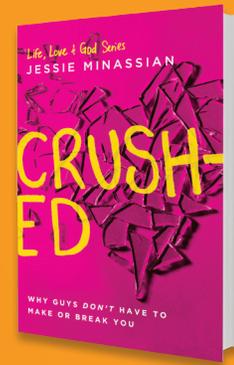
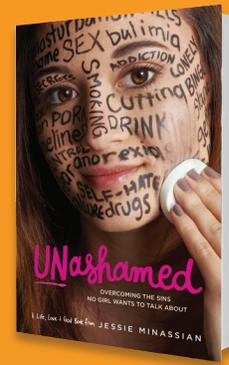
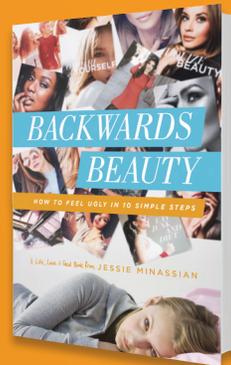
STEP #10 Idolize Beauty

Do you think too often about how you look, feel depressed over your looks, or feel like no matter how hard you try, you'll never be pretty enough?

Try this: Remember, God > Beauty. Because you're a girl you'll probably always care a little bit about how you look, but the closer you get to Jesus, the more you'll be able to let go of the beauty idol. So get close to Him!

STAND TALL— YOU'RE BEAUTIFUL!

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