



### **Health At Every Size – Hope for the New Year Self-Reflection Tool**

1. What assumptions do I make about a person's character, intelligence, professionalism, health status, or lifestyle behaviors that is based only on weight?
2. What are common stereotypes about people in larger bodies that I believe to be true? Why?
3. What are my views about the causes of higher weight? How does this impact my attitudes about size diversity?
4. How do these biases impact my relationships?
5. What values are most important to me? Why?