

THOUGHTS ABOUT MY BODY

Use the following form to discover exactly what you think about your body and how it's contributing to your results.

1. Your numbers (weight, height, size, BMI, anything that you consider relevant)

2. Describe what it feels like to live in a body with those details



3. Judge your body. Don't hold back. Let the 'ugly' out, all the judgement and criticism. You can destroy this document later; no one has to see it. Don't censor yourself while you wrote. Don't try to be fair, objective, or politically correct – don't judge your judgements. Write one phrase per line & fill up the page.



4. Describe your body using only facts/data (things that can be argued in a court of law). You can re-use any facts or data that you used on item #3. (spend no more than 10 minutes max!)

5. Describe your body using only thoughts (things that can NOT be argued in a court of law). You can re-use any facts or data that you used on item #3. (spend no more than 10 minutes max!)



6. Read the list from #5 and notice that these thoughts are optional. They are your opinion. For each thought, write the feeling or emotion that the thought creates in you.

7. Notice that all of the emotions and sensations that you feel from reading #6 are created by you. Notice that your body is only responding to the thoughts by creating the physical sensation.



8. Spend 10 minutes & write down only positive or neutral things about your body. Try to include at least 5 facts and 5 different thoughts.



9. Write a love letter to your body. If you need more space, use the back of this form, or a separate notebook.

Dear Body,
I've been meaning to tell you...

I admire you for...

I'm grateful for...

I remember when...

You have shown me how...

I love you because...

I ask...

I promise...

