**~ Build Better Body Image ~ Worksheet - September 2016**

**What would you like to change about your body?**

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**What are the bits of your body you are the happiest with?**

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**When have you loved and been happy with your body?**

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**What was happening in your life then?**

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**How did your body feel? How did it look?**

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**What do you say to yourself about your body? Quietly, when no one is listening?**

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**Who are your body “idols”? Who looks awesome in your opinion?**

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**What does the strongest version of you feel like? Look like?**

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**What would it feel like to live in that body?**

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**How would you look after your body if it looked exactly as you would like it to? What are five ways you would look after it?**

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| **Tasks** | **Daily** | **Weekly** | **Monthly** | **When I have time** |
| Wellbeing Warriors! |  |  |  |  |
| Pampering of some sort (massage, manipedi, etc) |  |  |  |  |
| Me Time |  |  |  |  |
| Socialising Time |  |  |  |  |
| Movement |  |  |  |  |
| Food |  |  |  |  |
| Creativity |  |  |  |  |
| Rest & Recharge |  |  |  |  |

**What do you say about other women secretly in your head? How do you judge them? Do you come off better or worse?**

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***Good work Sista! I know - I ask all the tough questions?***

*Well done – you will find this work excellent preparation for all the challenges and your tutorial of tools and strategies this month!*

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