**~ Kind Heart ~ Worksheet 1 - January 2016**

Fill in the fields below, whatever comes to mind is just perfect. No need to edit, just do it in a couple of minutes as a thought starter. Do this BEFORE you watch the teaching module video.

**Things I say to myself about my body/appearance when I look in the mirror:**

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**Things I say to myself about my body/appearance when I am out clothes shopping:**

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**Things I say to myself about my body/appearance when I am getting dressed in the morning or before a special night out:**

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**Things I love about my body:**

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**Things I really do not love about my body:**

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**Things I would like/love to be able to say about my body/appearance:**

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|  |

*Done? Nice work. Now go watch the teaching module. You will find these answers very*

*illuminating afterwards!*

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