**~ Body Positive ~ Worksheet – August 2021**

*It’s a BIG topic this month, ladies!*

*These self-discovery questions will start bringing important insight to the surface that combined with the tools and strategies in the tutorial and challenges will start to shift your perception of your beautiful bod, gently and positively forwards.*

*Don’t judge or edit your answers, whatever comes up is absolutely perfect.*

*Let’s go.*

Is there anything 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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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 best 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 ALREADY looked exactly as you would like it to? What are five ways you would look after it? What would you do each day or week to take care of it?

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Do you love everything in your wardrobe/closet? Does it flatter and make you feel good? What percentages do you love or not? Get your % to add up to 100%!

\_\_\_\_\_\_\_ % love   Feel good / great wearing this

\_\_\_\_\_\_\_ % meh  Feel neutral wearing this stuff

\_\_\_\_\_\_\_ % dislike Do not feel good in these clothes at all

What do you say about other women secretly in your head? How do you judge them? Is it generally positive, or generally negative? Do you come off better or worse?

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*Good work, lovely one.*

*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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