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MAKING CHOICES JOURNALING EXERCISE

How are you feeling in your body? How are you talking to yourself about your body? Write down the words and phrases that came up for you.

How would you like to feel in your body? Write down the words and phrases that came up for you.

Statement of Intent:

"I am in the process of changing my relationship to my body." This is what I choose for myself:

1. _____
2. _____
3. _____
4. _____
5. _____

This is why I deserve it:

1. _____
2. _____
3. _____
4. _____
5. _____

Let yourself feel these qualities using all your senses. Try to use the list first thing in the morning and the last thing at night. Use these choices any time you wish to feel clear and positive about your body.

