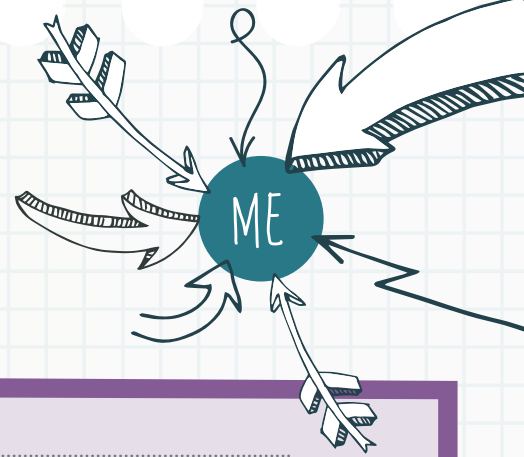


MEASURING MY *value*



I AM...

(e.g. strong, sensitive, ambitious, caring)

.....

.....

.....

I HAVE...

(e.g. support, health, home comforts)

.....

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I HAVE ACHIEVED...

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MY SPECIAL SKILLS ARE...

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**WHO AM I TO
DIFFERENT PEOPLE?**

(e.g. mother, carer, listener, leader)

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**WHAT HAS LIFE
TAUGHT ME?**

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**WHAT ARE MY
UNIQUE EXPERIENCES?**

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MY BODY ALLOWS ME TO BE...

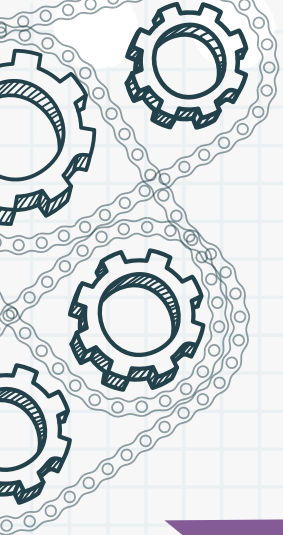
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HOW DOES YOUR BODY *support* YOUR LIFE?

REMEMBERING THAT OUR BODIES ARE PERFORMING MANY FUNCTIONS ALL ON THEIR OWN, THINK ABOUT YOUR BODY AS AN INSTRUMENT.

MY BODY HELPS ME TO...

Lined writing area for the first section.

I'M GRATEFUL THAT MY BODY CAN...

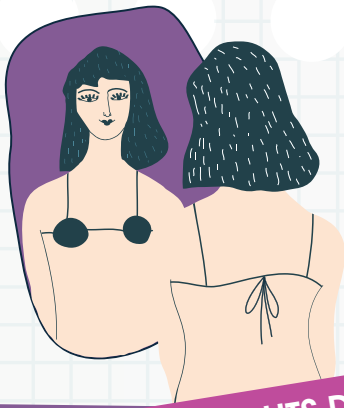
Lined writing area for the second section.



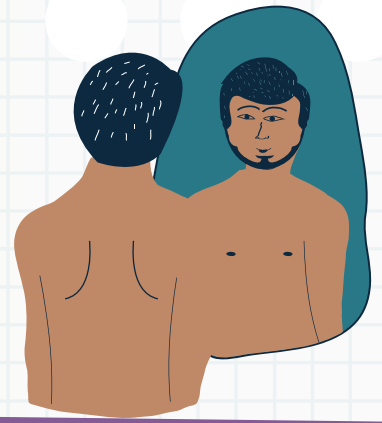
WITHOUT MY BODY AS IT IS, I COULDN'T...

Lined writing area for the third section.





My BODY REFLECTION



WHAT THOUGHTS DO I HAVE ABOUT MY BODY?

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WHAT DO I SAY ABOUT MY BODY TO OTHERS?

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WHAT WORDS DO I USE TO DESCRIBE IT?

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21 DAY BODY DIARY

Breaking THE HABIT OF BAD BODY IMAGE

BOD*Equality*

CHANGING BODY IMAGE

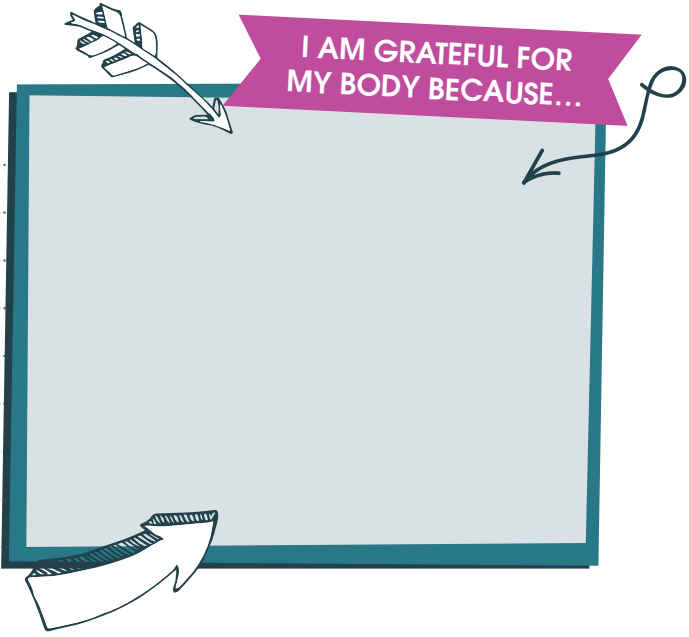


Research tells us it takes 21 days to break a habit... Here you can notice changes that might be happening in your mind, relating to body image. You can write anything you like, use more paper if you prefer and of course you don't have to stop!

DAY 1 DATE: / /

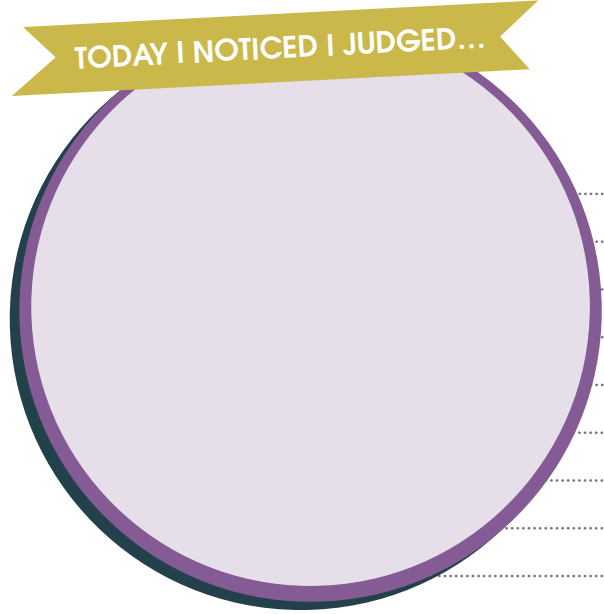
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I AM GRATEFUL FOR MY BODY BECAUSE...



DATE: / / **DAY 2**

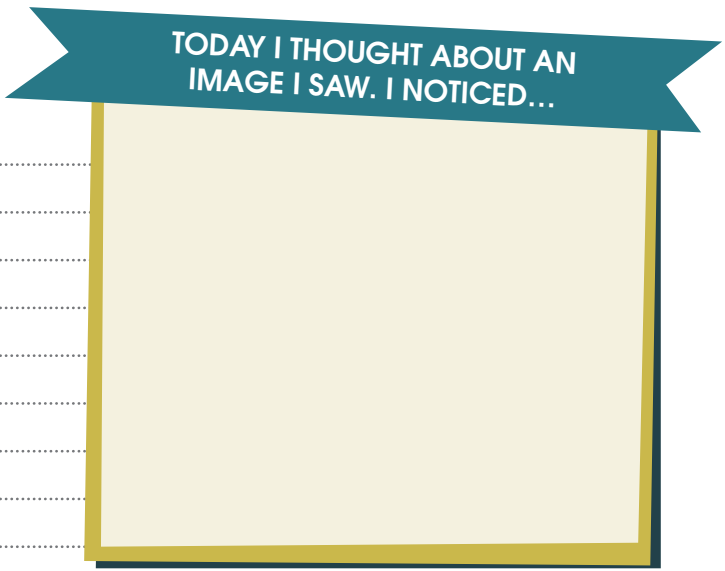
TODAY I NOTICED I JUDGED...



DAY 3 DATE: / /

.....
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TODAY I THOUGHT ABOUT AN IMAGE I SAW. I NOTICED...



I ACCEPT MY BODY
EVEN THOUGH...

DATE: / /

DAY
4

DAY
5

DATE: / /

MY BODY
IS MY *Life!*

I'M
loyal
TO MY BODY

DATE: / /

DAY
6

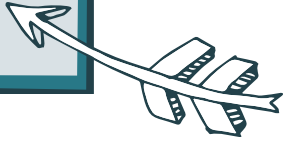
DAY 7

DATE: / /

TODAY I NOTICED I HAD NEGATIVE THOUGHTS/FEELINGS ABOUT MY BODY



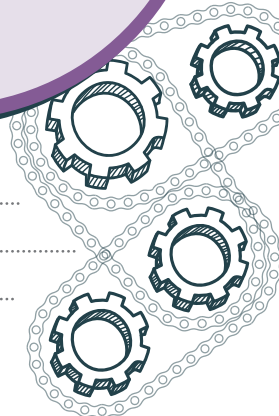
IT WAS IMPORTANT TO BE ALIVE (IN MY BODY) TODAY BECAUSE...



DATE: / /

DAY 8

TODAY MY BODY HELPED ME ACHIEVE...



DAY 9

DATE: / /

I NOTICE
I THOUGHT....



.... ABOUT MY
BODY TODAY

DATE: / /

DAY
10

DAY
11

DATE: / /

REMEMBER

PERFECTION
ISN'T REAL

I am
ENOUGH,
EXACTLY
AS I AM



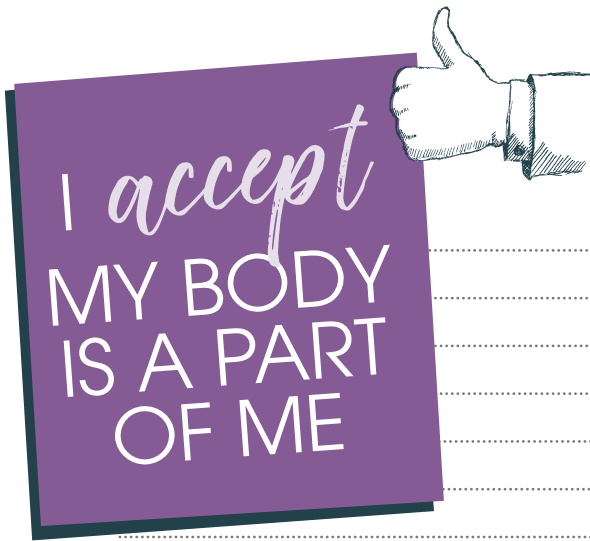
DATE: / /

DAY
12

DAY
13

DATE: / /

I LEARNT SOMETHING NEW
ABOUT MY BODY...



DATE: / /

DAY
14

DAY
15

DATE: / /

I NOTICED I FELT JEALOUS
OF SOMEBODY'S BODY

DAY
16

DATE: / /



Lined writing area for Day 16 with horizontal dashed lines.

TODAY MY BODY ALLOWED ME TO...

Large empty rectangular box for writing.

DATE: / /

DAY
17

Lined writing area for Day 17 with horizontal dashed lines.



DAY
18

DATE: / /

Lined writing area for Day 18 with horizontal dashed lines.

EXERCISE

DEAR BODY...

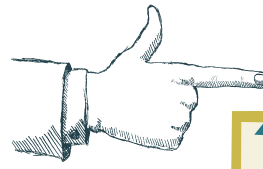
Write a letter to your body, this may include any of the themes of: imperfection, self-acceptance, new thoughts, noticing judgements, gratitude and forgiveness.

A series of horizontal dotted lines for writing a letter.



DAY 19

DATE: / /



TODAY I SUPPORTED MY BODY BY...

Large empty rectangular box for writing.

Horizontal dotted lines for writing.

TODAY I COMFORTED MY BODY WITH...



Large empty rectangular box for writing.

DATE: / /

DAY 20

Horizontal dotted lines for writing.

DAY 21

DATE: / /

TODAY I NOTICED I HAD NEITHER POSITIVE OR NEGATIVE THOUGHTS/FEELINGS ABOUT MY BODY

YES

NO

Horizontal dotted lines for writing.



BOD*Equality*
CHANGING BODY IMAGE

For more information or to book an event or further online course for your school, corporation or social group, please contact Emi...

e. emi@bodequality.com t. 07919 441 581 w. bodequality.com

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