



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Build Better Body Image ~ Worksheet - September 2016

What would you like to change about your body?

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

When have you loved and been happy with your body?

What was happening in your life then?

How did your body feel? How did it look?

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

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

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

What would it feel like to live in that body?

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?

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?**

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!

Louise