



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ 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:

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

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

Things I love about my body:

Things I really do not love about my body:

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

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

Louise