



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Kind Heart ~ Worksheet 2 - January 2016

Fill in the below AFTER you watch the teaching module video.

Who do you love in your life? Name an important relationship: \_\_\_\_\_

How do you generally speak ABOUT, and TO, the person/pet?

WHY is it important you speak to them this way?

What would you NEVER say to this person/pet you love?

**DO YOU take care of your home? How? What do you do to take care of it? WHY do you do that?**

**WHY is that important?**

**WHAT is the most common “Smack Talk” (*see definition below*) that you say to your body?**

## **DEFINITION**

Smack talk is a slang term seen in chat channels in chat room, blog, and massively multiplayer online game (MMOG) conversations. The term came about in the early 1990s. It generally refers to the use of threatening or intentionally inflammatory language. Smack talk can also be used with bullying, whether that be face-to-face interaction, or cyber-bullying.

Smack talk is also a slang term used in sports. It refers to inflammatory comments made by a person or team in order to insult, anger, annoy or be boisterous towards your opponents. Although it began as a term used by sports fans and athletes, it has spread to all areas of culture where competition takes place. In the United States, it is synonymous with "trash talk".

**HOW** would you describe the state of the relationship between you and your body?  
**Loving? Rocky? Solid? Fun? Equal? Disengaged? Connected? Partnership?**

What word sums it up for you? \_\_\_\_\_

**Name three things that you would say to someone you love – that you would like to be able to say to your body:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**If your body could talk to you ... what do you think it would say?**

*illuminating stuff eh?! Well done on doing this foundational work. Please come participate in the 30-Day Challenge in the Facebook group as we will rebuild a strong relationship with your body – your “forever home” through the month!*

