

Creative Tools & Workshops for Development

Me & My Body

Objectives

When talking about acceptance let's observe our relationship with our body how do we treat it on a day to day basis?

Pause

Stop and take a deep few breaths. If comfortable close your eyes. Do a body scan and check in how is your body feeling today. When ready open your eyes.



Expanding

Now we're ready. Let's go! Choose 3 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

Focus and action

Write down your insights, observations and 3 actions that will allow you to strengthen your relationship with your body. One for today, one for next week and one for the upcoming month.

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My Card:	