



## 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.

### [ 2 ] What does my body want to say to me?

My Card:

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### [ 1 ] How do I feel about my body?

My Card:

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### [ 3 ] How can I nurture my relationship with my body?

My Card:

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