

Week One

Body Language

This week's homework is designed to help you create the shift in thinking around how your body presently is and your vision of how you want your body to be in the future.

Part "A" works with the language you are using towards and around your body and even the "self".

A) What do you want to affirm?

Some subjects you could write about include how your body looks, feels, your dedication to yourself, your lifestyle choices, mental and emotional states.

Example: "I am ready to release what is not working for my body."
"I am providing my body with all it needs to be healthy and serve me well in my life"



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What do you want to affirm?



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What do you want to affirm?



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Part B creates a script or prepared statements to replace any judgmental thoughts that may come up so you are prepared to easily shift from judgment to observation. Remember, the idea is, that right now is what is. Try to think of the judgmental thoughts that you have had in the past few days. It is highly likely that these thoughts occur often and are repetitive, so if you have replacements for the ones you can remember, you will be well on your way to being prepared for most future thoughts.

Step One:

Judgment thought

Replacement Observation

Example:

"I shouldn't have eaten the piece
of cake last night"

"I ate a piece of cake last night"

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Judgment thought

Replacement Observation



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Judgment thought

Replacement Observation

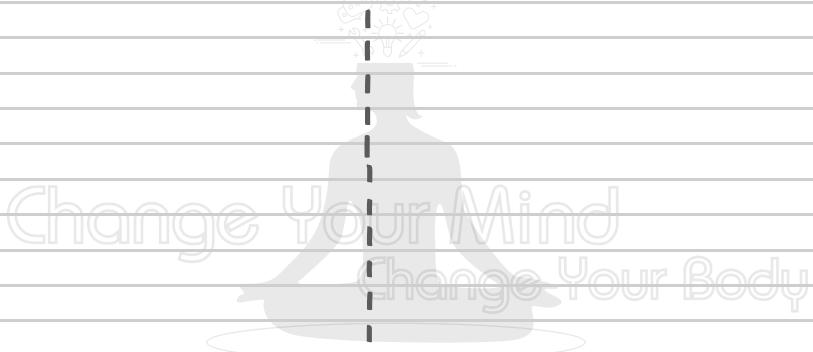


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Judgment thought

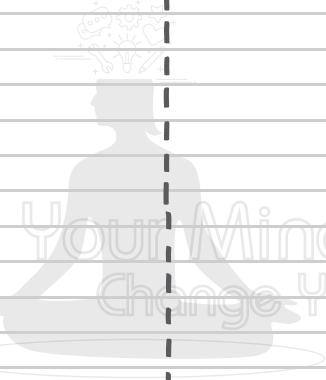
Replacement Observation



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Judgment thought

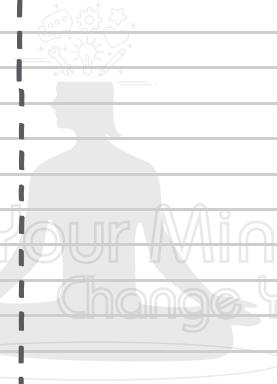
Replacement Observation



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Judgment thought

Replacement Observation



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Section Two: During the week, document when you noticed judgment statements and if you were able to change them to observations, and what those observations were.

Example:

Tuesday 9:00am

Judgment Statements: "I shouldn't have grabbed the bagel at the coffee cart." and "Why can't I just stick to the plan? So what if I was starving? I should have planned better and had a healthy breakfast at home"

Replacement: "I had a bagel this morning. I was hungry and felt I needed fuel for my morning so I could get through work without being distracted."

and "Tonight, I am going to put something healthier together that I can grab on my way out the door."



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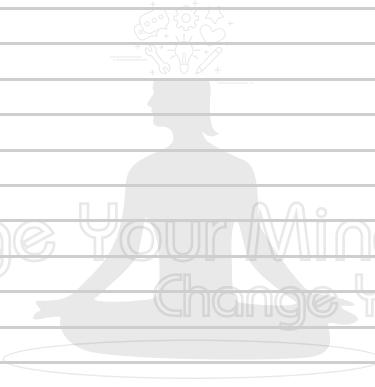
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Part C) What do you appreciate about your body right now? Free write all that comes to you.

Example: "I appreciate that my body enables me to do things that I enjoy"

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Part D) Pick at least one self care activity and do one a day for 7 days. This could be the same activity or a different one every day. Or, feel free to pick something not listed that feels good for you. The activity should be something you will enjoy and not something that feels like a task.

Remember to affirm that you are doing something good for yourself and that this action is carrying you closer to where you want to be, it is enabling you to make progress on your journey.

Obviously, any exercise, spa or body treatments that you look forward to are great options. Here are some other options.

- Take an afternoon off (from work, kids, life, whatever you normally do)
- Get some fresh air for at 30 minutes.
 - Listen to a guided meditation
 - Take a Nap.
 - Go for a brisk walk
 - Do some deep breathing
- Doodle
- Talk with a therapist
- Do some yoga moves at home
- Drink some soothing tea alone, phone down, ringer off. Just quiet.
 - Color in a coloring book.
 - Listen to nature sounds
 - Read an inspirational poem
- Lay out in the sun
- Have a personal dance party
- Set a boundary for yourself (know your limits)
- Say "no" to something/someone
- Cook a new recipe that you've been wanting to try
 - Try out a new coffee/tea shop near you
- Pop some bubble wrap
- Sign up for a class
- Ask someone for help
- Write down some things you've learned about yourself in the last year
 - Take a mental break from a difficult task
- Play your favorite board game
- Watch the sunset or sunrise
- Go on a date – even if that means taking yourself out!
 - Paint your emotions on canvas
- Re-arrange a room in your home
- Plan a movie night
- Plan a mini stay-cation
- Go on a weekend retreat
- Eat dessert after dinner
- Get coffee with friend
- Share your responsibilities with someone
- Spend some time near a beach, lake, river, or stream
 - Let yourself have a good cry
- Turn your phone off for 30 min - 1 hour
- Take a bubble/Epsom salt bath
- Stretch for 15 minutes.
- Prepare and eat your favorite meal from when you were a kid
- Walk around bare foot outside (grounding)

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