Living in the body I have

The things you are waiting to do until your body changes.

Name _____ Date _____

Body dissatisfaction often comes with a deal: "When I look different, then I will..." Years can pass that way. What would it be like to do some of those things now, in the body you have?

Something I have been putting off	Why it matters to me	A small first step
Going swimming with the kids	*I want to be part of their fun*	*Go to the pool at a quiet time, for 20 minutes*

What do I fear would happen?

What actually happened when I tried one?

What I want my life to be about, apart from how I look

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