What my body does for me

Shifting attention from how it looks to what it makes possible.

Name _____ Date _____

We tend to judge our bodies by how they look. Your body also does things for you all day long. You do not have to pretend to love how you look. This exercise asks you to notice what your body does as well.

What my senses let me enjoy (things I love to see, hear, taste, smell, touch)

What my body lets me do (for example: hold, make, play)

What it does without being asked (for example: heals a cut)

What it has got me through

How it connects me to other people

If I treated my body as a friend who has stuck by me, how would I treat it differently?

A thank-you note to one part of my body, for what it does

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