

BEGIN WITH KINDNESS

Reflection Questions

Consider your relationship with your own body...

Where are you delighting in it and making time for it?

Where are you avoiding it?

What are you celebrating about it?

What do you loathe about it?

If you could compare your relationship with your body to a real relationship that exists in life, what would that be?

In light of this reflection, what kind of relationship are you being invited into having with your body? Describe it here.



Listen to Values, Vision, and Goal Getting on the Love Your Whole Body Podcast to start moving towards this desired relationship.