

Moving Your Body Without Rules

Separates moving your body because you like it from moving it because you owe something.

WHEN TO USE THIS

Use this when moving your body has turned into another thing to get right.

Think about moving your body. Sort it into these two columns.

FEELS GOOD

FEELS LIKE A PAYMENT

What rules have you picked up about moving your body?

Earning food, making up for a meal, how long it has to last.

When did it last feel good rather than owed?

What is one way you could move this week because you want to?

Walking somewhere, dancing in the kitchen, swimming, the garden.

Your body is not a debt to be paid off. Moving it can be for you.