

What Your Body Does For You

Shifts the question from how your body looks to what it has been getting on with.

WHEN TO USE THIS

Use this on a day you have been at war with your reflection.

Five things your body did for you today. Nothing to do with how it looks.

Got you somewhere, healed something, held someone, tasted your dinner.

1.

2.

3.

4.

5.

Which of those would you miss most if it stopped?

Write or draw a time your body did something you were glad of.

What is one thing you could do for it this week?

Sleep, water, rest, sitting in the sun, moving how you like to.

Your body has been working all day without being asked. That is worth noticing.