

WORKSHEET ONE

Your Current Reality - Exploring Your Relationship with Your Body

This reflective worksheet guides you through a personal journey of awareness, care and connection with your body. It invites you to explore how you currently perceive, experience and relate to your body - physically, emotionally and spiritually. By tuning into your reality with compassion, you'll uncover insights that can help nurture a deeper, more supportive and loving relationship with yourself.

1

If you had to describe your relationship with or feelings about your body in three words, what would they be?

2

What thoughts come to your mind when you see your reflection in the mirror? Are they different when clothed or naked?

3

What are some aspects of your body that you genuinely appreciate and why? If you're not sure think about a part of your body that helps you to do something you love - walking in nature, hugging someone, expressing yourself -and reflect on how it supports you.

4

Does your perception of your body change in different situations and how does it change? For instance, does it change on when you're on your own compared to when you're with others?

5

How often do you pause to notice how your body feels throughout the day?

6

What activities bring your body a sense of energy, strength and relaxation? This doesn't have to be about exercise but any activity such as having a hot bath, a cuddle from a friend or dressing up in nice clothes.

7

In what moments do you feel the most comfortable in your body? What moments do you feel the most uncomfortable?

Most Comfortable:

Most Uncomfortable:

8

In what ways do you or don't you care for your body through nourishment, movement and rest?

Ways I care for my body:

Ways I don't care for my body:

9

When your body signals the need for rest, care and nourishment how do you usually respond?

10

What emotions do you most often associate with your body?

11

How has your relationship with your body evolved over time? Think back to how you felt about your body as a child, teenager and now - how have those feelings changed over time? You might reflect on key turning points like recovering from an illness or experiencing a life event that reshaped your view.

12

What is one small act of kindness that you could offer your body today?

13

What does your ideal relationship with your body look and feel like?

14

If your body could write you a letter what do you think it would say?
(continue on the next page if needed)

Letter to body continued:

WORKSHEET TWO

Nurturing Your Relationship with Your Body - Goal Setting and Intentions Guide

Use these prompts to set meaningful goals and intentions to help you create new daily habits that promote self-care, acceptance and wellbeing.

1

What aspects of your relationship with your body would you like to change?

2

Name three achievable goals and intentions that align with greater self-care and body appreciation. See examples below for guidance.

Example:

Goal 1: "I will choose clothes that are comfortable and make me feel good, rather than focusing on size and trends."

Intention 1: "I want to honour how my body feels not just how it looks."

Goal 2: "I will spend 10 minutes stretching every morning for the next month."

Intention 2: "I want to be more in-tune with my body and start each day with care and awareness."

First Goal and Intention

Goal:

Intention:

Second Goal and Intention

Goal:

Intention:

Third Goal and Intention

Goal:

Intention:

3

What small actions can you integrate into your daily routine to support these goals and intentions?

4

Which self-care practices can you implement to make you feel more at ease in your body?

5

What obstacles might arise as you work towards these goals and intentions?

6

Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?

7

How do I react when I face a challenge in my personal or professional life?
Do I tackle it head-on or shy away?

8

How will you navigate moments of self-doubt or frustration?

9

How will you acknowledge and celebrate progress no matter how small?

10

Imagine your future self looking back on this journey - what words of wisdom would they offer you?

WORKSHEET THREE

Self-Awareness - Uncovering Your Beliefs and Biases

This reflective worksheet invites you to gently uncover the beliefs - both surface-level and deep-rooted - that shape your sense of self and influences your behaviour. It helps you trace the origins of these beliefs and consider how they affect our thoughts, emotions and life patterns.

1

What are my ordinary beliefs?

Ordinary beliefs are surface level thoughts influenced by logical, personal experience or external advice. They can shift more easily when new information is presented.

List some beliefs you hold about yourself, others or life in general.

Example: *"I am ugly."* *"It's not easy for me to lose weight."*

2

What are my core beliefs?

Core beliefs are deep seated ideas about ourselves and the world, often formed in childhood. They shape our self-worth, relationships and actions.

What are some deeply held core beliefs you have about yourself? Circle or highlight the ones you resonate with. On a scale of 1 - 10 with 1 being weak, 5 average and 10 very strong how much do you feel these beliefs influence your thoughts, feelings and actions?

- **I'm Unworthy** - Rating 1-10:
- **I'm Powerless** - Rating 1-10:
- **I don't belong** - Rating 1-10:
- **I can't control myself, others or the world** - Rating 1-10:
- **I'm not capable** - Rating 1-10:
- **I'm Insignificant/Invisible** - Rating 1-10:
- **I'm not good enough** - Rating 1-10:
- **I need to control myself** - Rating 1-10:

3

Where did these beliefs come from?

Think about your upbringing, past experience or societal influence.

Example: *"I was compared to others a lot growing up."*

"I felt ignored and invisible whenever I asked for help."

4

How do these beliefs affect your thoughts, emotions and behaviours?

Example: *"I people please and put their needs before my own."*

"I overwork myself to prove I am worthy."

Recognising Cognitive Biases

Cognitive biases are mental shortcuts that affect how we process information. They can reinforce beliefs and influence behaviour without us realising it.

5

Which biases do you recognise in yourself?

- **Confirmation bias** - do you only focus on evidence that supports negative beliefs while ignoring positive feedback?
- **Negativity bias** - do you dwell on criticism more than praise?
- **Social comparison bias** - do you compare yourself to others and feel inadequate?
- **Self-serving bias** - do you blame external factors for failure but take full credit for success?
- **Halo effect** - do you let one trait (appearance, success) define your overall worth?

6

How do these biases show up in your life?

For each bias you identified write a specific way it affects your thinking or actions.

Example: Confirmation bias - *"I only notice flaws in my body and ignore moments when I feel good about myself."*

Social comparison bias - *"I compare my body to friends and edited social media images which make me feel inadequate."*

7

What is one key insight you have gained from this exercise?

8

How can you begin to apply this awareness in your daily life?

WORKSHEET FOUR

Uncovering Unconscious Thought Patterns

For the next few days take time to jot down thoughts that arise in different situations. Pay special attention to those that trigger strong emotions. Use the table below to track them.

1

Thought Tracker

Situation	Automatic Thoughts	Emotion Felt	Reaction/ Behaviour

2

Look back at your thought tracker. Do you notice any recurring thoughts?

3

What themes do these thoughts follow? e.g. self-doubt, fear of failure, fear of rejection, perfectionism etc.

4

Where do you think these patterns come from? Consider past experiences, upbringing, societal expectations.

5

Now take some of your most common negative thoughts and challenge them. Are they 100% true? What evidence do you have for and against these thoughts?

6

Would I say these to a close friend? If not, how can I reframe them in a kinder way?

7

What is a more balanced or empowering way to view this situation?

WORKSHEET FIVE

Patterns, Habits and Behaviours

This worksheet gently examines the cycles that shape your daily life, bringing compassionate awareness to what drives habitual behaviours.

1

Identifying your Patterns and Habits.

- What are some repeated behaviours or habits that you engage in regularly?
- Would you consider these habits helpful or unhelpful? Why?
- What emotions or situations usually trigger these habits?

2

Recognising Your Triggers

Identifying your triggers can help you develop awareness and change automatic behaviours.

- What specific situations, emotions or environments activate these habits?
- Are there certain people, places or times of day that influences these behaviours?
- How do you usually feel before engaging in these habits?

3

Exploring the Hidden Benefits (secondary gains)

Even unhelpful habits serve a purpose. Understanding their hidden benefits can help you find healthier alternatives.

- What benefits - either emotional or practical - do you get from maintaining these habits?
- How do these habits provide comfort, security or relief?
- What underlying needs might these habits be fulfilling?

4

Replacing Old Habits with Healthier Ones.

Change happens one step at a time. Choose realistic achievable actions.

- What alternative behaviours or strategies could you try instead?
- How can you meet the same emotional needs in a more beneficial way?
- What small manageable steps can you take to start shifting these habits?

5

Long-Term Change and Progress

Growth takes time. Be kind to yourself along the way.

- What changes do you want to see in your habits and behaviours over time?
- What support or resources might help you in this process?
- How will you track your progress and celebrate your successes?

6

Track Your Progress

Use this section to monitor your journey over time. Set a check-in date. (Example: Every Sunday or the first of every month).

Remember progress isn't always linear. If you slip up, don't be discouraged – reflect, adjust and keep moving forward.

Check-In:

- What positive changes have you noticed in your habits?
- What challenges did you face and how did you handle them?
- What's one small win you can celebrate this week?

Habit Tracking Template

Use this table to track your progress over time. Check off each day you successfully follow your new habit!

New Habit to Track	Week 1 (one tick for each day achieved)	Week 2 (one tick for each day achieved)	Week 3 (one tick for each day achieved)	Week 4 (one tick for each day achieved)	Notes/ Reflections
<i>Example – drink 8 glasses of water a day</i>	✓✓□✓□✓ □	□□□□□□□	✓✓✓✓□□ ✓	□□□□□□□	<i>Feeling more hydrated and energised!!</i>

WORKSHEET SIX

Recognising and Identifying Core Wounds

Take some time to reflect on the following questions.

1

What patterns do I notice in my relationships?

- Do I tend to attract the same types of people or experiences?
- Are there any repeating themes of abandonment, rejection or betrayal in my relationships?

2

How did my childhood experiences shape my view of love and security?

- Were there moments in my childhood when I felt unseen, unheard or unworthy?
- How did my caregivers respond to my emotional needs?

3

How do I handle rejection or criticism?

- Do I shut down, overcompensate or lash out?
- What does my reaction say about my underlying fears?

4

In what ways might I be abandoning or rejecting myself?

- Do I dismiss my own needs in order to please others?
- How do I speak to myself when I make a mistake?

WORKSHEET SEVEN

Others As Your Mirror

Take a moment to reflect on the following questions. These prompts will help you uncover patterns, beliefs and opportunities for growth that may be hidden in your interactions with others.

1

Think of someone in your life who triggers strong emotions in you - whether frustration, admiration or pain. What might they be reflecting back to you about yourself?

2

Is there a recurring pattern within your relationships (romantic, friendships, family) that you keep experiencing? What could this be showing you about your self-worth or beliefs?

3

When you feel judged or criticised by someone, do you believe these judgements or criticisms to be true? Is there a part of you that agrees with their words?

4

Think of something that you admire in another person. How does this quality already exist within you? How can you nurture it?

5

Reflect on a past conflict. If you view it through the lens of a mirror, what does it reveal about your personal growth, boundaries or fears?

6

How does the way you allow others to treat you reflect the way you treat yourself?

7

What is one step you can take today to shift a reflection that you no longer wish to see?