Reflect & Connect Coaching Companion - Take Care of Your Body

A gentle self-love workbook inspired by Louise Hay's 12 Ways to Love Yourself - Take Care of Your Body

A Grounding Declaration

"I lovingly accept and appreciate my body exactly as it is today.

My body is my home, and I choose to treat it with kindness, patience and love.

I listen to the messages my body is sharing with me and give myself permission to slow down, rest and receive when I need to.

I nourish my body with foods that support me, move my body in ways that feel good, and allow myself the sleep and restoration I need.

I release the need to criticise, compare or judge my body.

I choose to focus on appreciation rather than perfection.

My body has supported me through every experience of my life, and I am grateful for all that it does for me.

I lovingly care for myself because I am worthy of care.

My body deserves my love. I deserve my love. And I choose to begin today."

Journalling & Reflection

There is no right or wrong way to answer these questions. Give yourself permission to be honest, curious and compassionate.

You might like to light a candle, make yourself a warm drink and spend a little uninterrupted time with yourself before you begin.

My relationship with my body

1. When I think about my body, what thoughts and feelings naturally come to mind?

Are they loving, critical, appreciative, frustrated, accepting, disconnected... or perhaps a mixture?

2. What do I appreciate about my body?

Think beyond appearance. What does your body allow you to experience, enjoy, create & do?

3. How do I speak to my body when I look in the mirror?

Would I speak to someone I love in the same way? If not, what would I like to change about the way I speak to myself?

Nourishing my body

4. What does nourishing my body mean to me?

Consider food, hydration, rest, fresh air, connection, nature and anything else that helps you feel supported.

5. How do my food choices make me feel?

Without judgement, simply notice. What foods leave you feeling nourished and energised?

What foods feel comforting?

Are there times when you eat from habit, emotion, stress or boredom?

What might your body be asking for instead?

Moving my body

6. What forms of movement do I genuinely enjoy?

Perhaps walking, swimming, yoga, dancing, stretching, gardening, cycling, exercising or simply moving more throughout your day.

How could you bring more enjoyment into movement rather than seeing it as something you have to do?

7. How do I feel when I move my body because I love and appreciate it, rather than because I feel I need to change it?

   What difference does that shift in intention make?

Rest & sleep

8. How well do I listen when my body tells me it needs rest?

Do you allow yourself to stop, or do you feel you need to earn your rest?

What beliefs might you hold around slowing down?

9. What would it look like to make sleep and rest a priority?

Is there one small change you could make to your evening or bedtime routine that would lovingly support your body?

Listening to my body

10. If my body could speak to me today, what might it say?

Pause before answering. Take a breath. Listen. What comes up?

11. What does my body need from me right now?

Not tomorrow. Not next week. Right now.

12. What is one loving action I can take for my body this week?

Make it something realistic, gentle and achievable. Perhaps:

- I will go for a walk.
- I will drink more water.
- I will go to bed earlier.
- I will rest without guilt.
- I will nourish myself.
- I will stretch.
- I will spend time in nature.
- I will speak kindly to my body.

Affirmations for Loving & Caring for Your Body

Choose the affirmations that resonate with you, or create your own.

Loving My Body

- I love and accept my body exactly as it is today.
- I appreciate my body and all that it does for me.
- My body is worthy of my love and kindness.
- I am grateful for my body and the life it allows me to experience.
- I choose appreciation instead of criticism.
- I release the need to compare my body with anyone else's.
- I am learning to feel at home in my body.

Nourishment

- I lovingly nourish my body with foods that support me.
- I listen to my body and honour what it needs.
- I trust myself to make choices that lovingly support my wellbeing.
- I enjoy nourishing myself.
- I give myself permission to slow down and listen within.

Movement

- I enjoy moving my body in ways that feel good to me.
- Movement is an expression of love for my body.
- I celebrate what my body can do.
- I move because I love my body, not because I need to change it.

Rest

- I give myself permission to rest.
- Rest is not something I need to earn.
- My body deserves time to relax, restore and recharge.
- I listen when my body asks me to slow down.
- I honour my needs with grace and kindness.

Self-Love

- I am worthy of care, nourishment, rest and love.
- I choose to speak to myself with kindness.
- I lovingly support myself every day.
- I am gentle with myself as I grow and change.
- My relationship with myself is becoming more loving every day.
- I choose to care for myself because I matter.

A Loving Conclusion

Take a moment to place your hand gently on your heart, or somewhere on your body that feels comforting.

Take a slow, deep breath.

And another.

Allow yourself to become aware of the body that has carried you through every chapter of your life.

You don't need to change anything in this moment.

You don't need to fix anything.

Simply notice.

Your breath.

Your heartbeat.

Your body.

Your presence.

Perhaps there are parts of your body you find easy to love and other parts you struggle to accept.

You don't have to force yourself to love everything today.

You can simply begin with kindness.

Begin with appreciation.

Begin with listening.

Begin with choosing not to criticise yourself quite so harshly.

Your body is not your enemy.

It is your home.

And every day gives you another opportunity to care for that home with greater love.

So ask yourself gently:

What does my body need from me today?

And then, if you can, listen.

Perhaps your body is asking for nourishment.

Perhaps movement.

Perhaps stillness.

Perhaps sleep.

Perhaps a little fresh air.

Perhaps simply the reassurance that you are listening now.

Whatever you hear, meet it with compassion.

> *I love my body.*
>
> *I listen to my body.*
>
> *I honour my body.*
>
> *I care for my body.*
>
> *I am grateful for my body.*
>
> *And most importantly:*
>
> *I am worthy of my own love and care — exactly as I am, right now.*

Take a final breath.

And carry that kindness with you into the rest of your day.

With love,

Alison x

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