I am more than a body

+ REFLECT	ON THIS	AFFIRMATION.
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$\scriptstyle +$ ALLOW THE FOLLOWING PROMPTS TO GUIDE A $\scriptstyle f N$	WKII IEN KESPONSE.
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In what ways am I more than a body? What values or attributes do I aim to embody? What about my character and personality do I want to honor? How do I contribute to my community or relationships? What gifts do I possess? What about me is unique to me and my spirit or inner being? What fills me or makes me feel whole?	
What intentions or purpose do I show up with?	

I give myself permission to live in my now body

- + REFLECT ON THIS AFFIRMATION.
- + ALLOW THE FOLLOWING PROMPTS TO GUIDE A WRITTEN RESPONSE.

In what ways is my NOW body enough?
How can I nourish my body as it is right now?
What kind words can I speak to or about my body?
How can I experience my life more fully in the body I have right now?
In what ways can I offer compassion and non-judgment to my NOW body?
What judgments about my NOW body can I begin to release?
How can I inhabit my body more fully?

I can move my body with joy + ease

- + REFLECT ON THIS AFFIRMATION.
- + ALLOW THE FOLLOWING PROMPTS TO GUIDE A WRITTEN RESPONSE.

nat movement makes me feel j nat new kinds of movement wo what ways can I be more com	ould I like to	try?	dy during me	wamant?	
nat judgments and beliefs abo	ut movemen	t could I beg			
ow can I be more open to my b nat kinds of movement help me			my body?		
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