

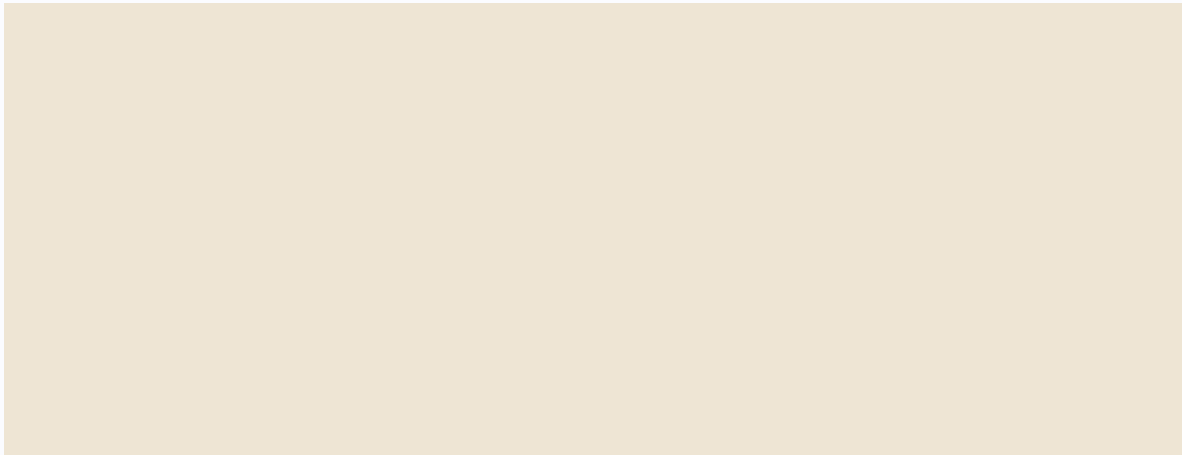
# Journaling Pages

## Fierce Self-Care

### Lesson 2: Self-Care for the Body

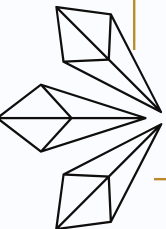
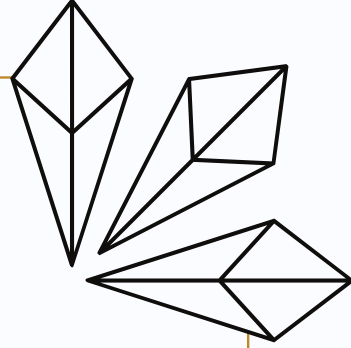
Your body is a temple. Be gentle with it. Show it love and acceptance. Allow it to be expressed. Nourish it with healthy, healing foods. And stay so deeply connected to your body that you can listen to it and understand its needs on a daily basis. Complete this Journal Page to have more of an understanding of where you currently are with your body today.

Journal a bit about how you feel about your body. Do you feel at home in your body? Do you love and accept every part of your body? Why or why not?

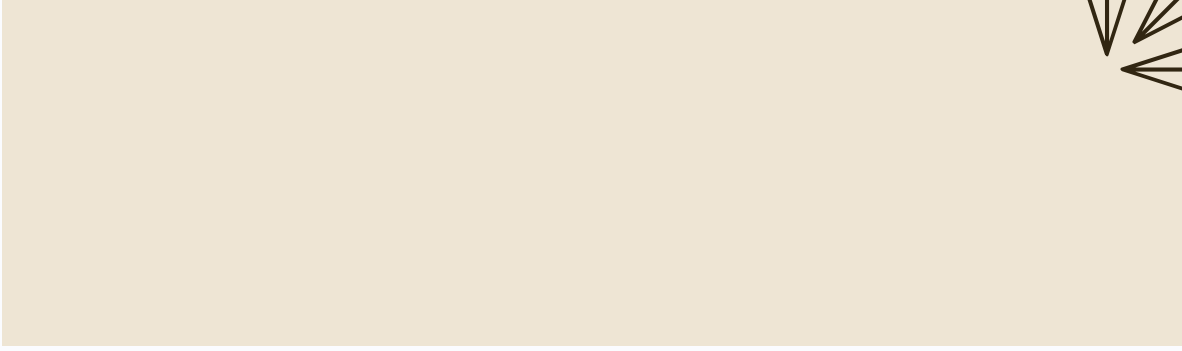


What kinds of things do you currently do to take care of your body?  
Please circle any:

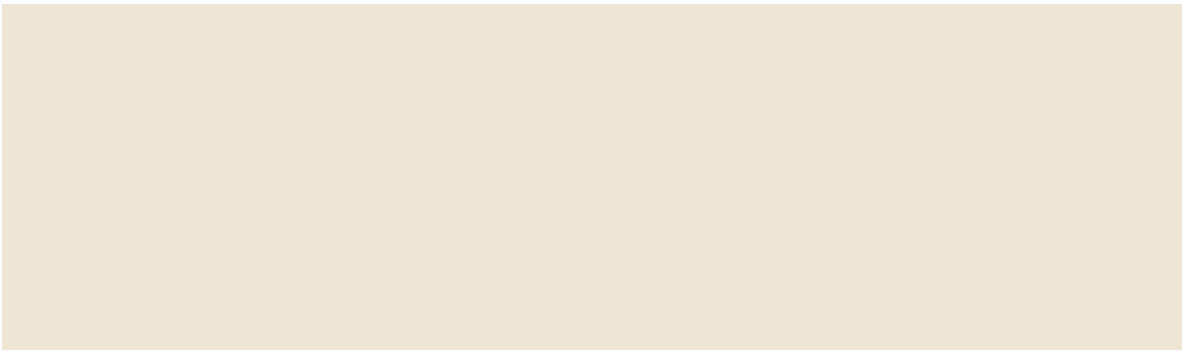
MOVEMENT EXERCISES	DANCE	RELAXING BATHS
SELF-MASSAGE	HEALTHY EATING	HIKING
GETTING ADEQUATE SLEEP AND REST		EXERCISE
DRINKING ENOUGH WATER EVERY DAY		YOGA
DEEP BREATHING	REIKI	AROMATHERAPY
SEX/INTIMATE TOUCH		MARTIAL ARTS



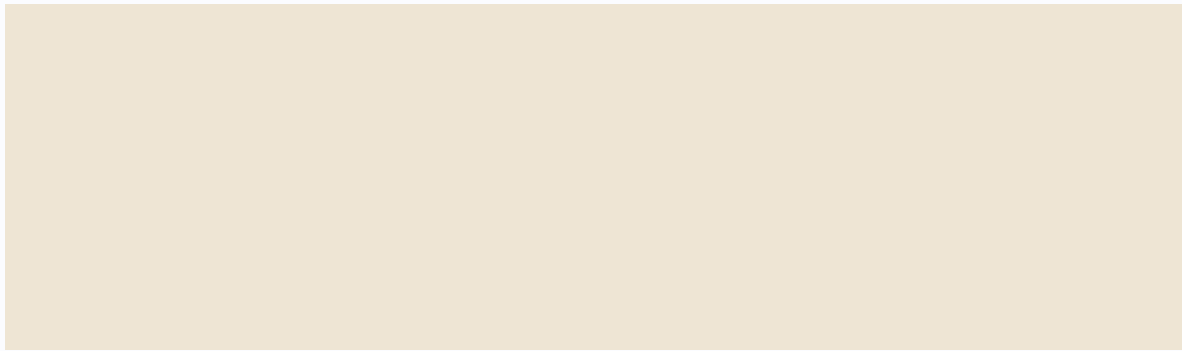
What do you feel your body needs that it currently isn't getting?



And how can you ensure that your body is able to get these needs met?



What do you love most about your body?



How can you start integrating self-care for your body into your daily life?

