



THE SUMMER **BODY PERCEPTION** **REINVENTION**

WELCOME

I am super excited that you are here and ready to learn my signature **N.E.W. strategy**, which you can start implementing today to reinvent the way you look at your body and **feel amazing and confident this summer**.

The Summer Body Perception Reinvention will teach you the same strategy I used to **replace** the negative thoughts and beliefs I had about my body **with purposeful and empowering ones**. This allowed me to finally feel confident, accepted, and desirable in every season.

This was important for me because I was spending a lot of mental energy **worrying about my body**, what was wrong with it, how it should look different, what I ate, and how I worked out. I was obsessed with hating the way I looked and **constantly trying to fix myself**.

Trust me, as long as you are trying to solve the problem of how you look, you will not have the mental space and energy to actually go for that new job, that relationship, or the life that you truly desire! I was in your shoes, and when I **let go of my obsession with trying to fix body**, I was left with a lot of mental space to create a more purposeful life and pursue the desires that I had put on hold because I believed I needed to look a certain way to go for them.

Confidence to get the job, the partner, and the life you want is available right now, **in the body you have**. With the signature N.E.W. strategy I teach you in The Summer Body Perception Reinvention, you can learn to like and even love your body as it is and feel confident and ready to go for what you want in life.

My signature **N.E.W. strategy** will teach you to reinvent your body perception by:

N. - Normalizing your experience.

E. - Embracing a different body perception mindset.

W. - Welcoming self-acceptance.

Let's Start!

N. NORMALIZING OUR EXPERIENCE

As a society, we've all received the same messages about a **standard of beauty**. We've been taught that if we don't meet it, something is wrong with us. We believe achieving this standard will make us feel confident, desirable, and worthy. **But this isn't true**. Even women who fit this standard experience the same struggles. **There's no escaping the human experience**.

To feel confident, the solution isn't changing our bodies but our thoughts and beliefs about them. **Negative beliefs about your body come from your brain, not your body**.

In this first exercise, we'll **change our brain's response** to body image using the "mere-exposure" effect. When we frequently see something, our brains start to like it more. If we constantly see images of women who look different from us and think they look better, our brains start to prefer them. So, we'll replace those images with ones of women who look like us, **reconditioning our brains** to see a new default and prefer it. We'll also include many images of ourselves to become more familiar with them.

- 1. Intentionally curate your social media feed.**

Seek out diverse body types and features, including different appearances of arms, legs, bellies, and clothing on various bodies. Make this diversity your new default.

- 2. Include images of people who resemble you.**

Focus on features you find hard to accept. For example, if you struggle with your body size, look for images of women with similar or more exaggerated body size than you. This helps normalize diversity and improves self-perception.

- 3. Include images of yourself.**

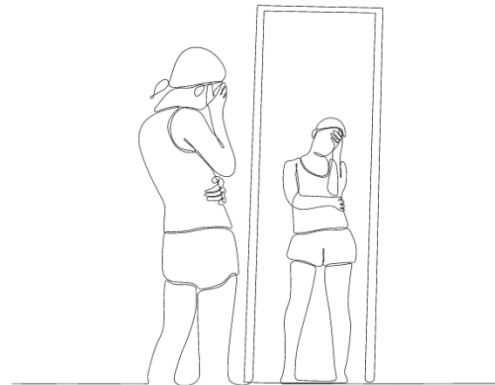
Purposefully look at yourself in mirrors, photos, or videos. It may feel uncomfortable at first but remind yourself that you belong and deserve to be seen. Our bodies are integral to the diverse visual universe we are embracing.

Broaden your visual spectrum!

New accounts to follow

Accounts to remove

How will you practice looking at yourself?



E. EMBRACING A DIFFERENT BODY IMAGE MINDSET

To embrace a different body image mindset, we need to start **practicing becoming aware** of the ingrained thoughts, beliefs, and perceptions we have about our body because those are the ones that are causing us suffering. We need to bring them up to our awareness first and see the impact they have on our body.

In this exercise, we'll notice these thoughts, see how they make us feel, **start seeing them as just thoughts**, not truths and choose a thought that makes us feel slightly better.

1. Write a current belief about your body

Example: My legs look so fat in these shorts.

Write yours here: _____

Now close your eyes and repeat that sentence internally to yourself:

"My legs look so fat in these shorts."

Notice what happens to **your body**.

- ✓ Did you shrink or expand tighten or loosen.
- ✓ What happens to your heartbeat, your stomach, your temperature.
- ✓ What happened to your breathing?
- ✓ Pay attention to the **impact your words** have on your felt sense with **curiosity**.
- ✓ Become **aware** of how believing this makes you feel.
- ✓ Do you feel sad? Frustrated? Unmotivated?



2. Now using the same example try adding the following preface:

"I notice I'm having the thought" My legs look so fat in these shorts.

Write yours here: _____

Again, close your eyes and repeat that sentence internally to yourself:

"I notice I'm having **the thought** my legs look so fat in these shorts."

Notice how this version makes you feel.

- ✓ What do you notice in your body in response to this statement?
- ✓ Do you feel a little better? That's all we are going for... just a little better.



3. Now try adding the following preface:

"I notice my mind is having the thought" My legs look so fat in these shorts.

Write yours here: _____

Again, close your eyes and repeat that sentence internally to yourself:

"I notice I'm having **the thought** my legs look so fat in these shorts."

Notice how this last version makes you feel and if it feels different than the first one.



4. Write new thought that makes you feel 1% better:

Example: These are human legs.

Write yours here: _____

Now close your eyes and repeat that sentence internally to yourself:

"These are human legs."

Notice how this new thought makes you feel and if it feels different than the first one.

Again, the goal is to become aware of our thoughts and beliefs so we can **observe, separate ourselves from them and choose** what to believe in instead.

It is easy to be unaware of our thoughts and assume that our body is what is creating our negative emotion but **there's always a thought or belief that is creating that emotion** and when can become aware of the it we can begin to slowly change them an embrace a new body image mindset.



W. WELCOMING SELF-ACCEPTANCE

We often have a complicated relationship with our bodies, but most of us don't engage with this relationship intentionally; it just happens. However, just like with any other relationship, **we must make an effort to nurture it.**

It's time to become aware of the way we treat our bodies and intentionally shape this relationship by **welcoming self-acceptance.**

Let's begin with this simple yet **powerful** exercise.

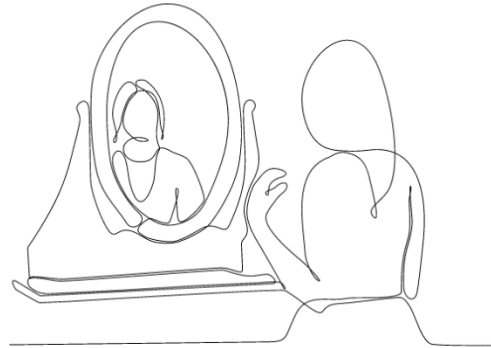
Start by **writing a letter to your body.** Don't censor or judge yourself. Let everything out: your thoughts, feelings, what you love about your body, and what you blame it for.

Dear Body,



Now, **write a letter from your body back to you.** This may feel strange but stick with it. You'll be surprised by what comes out when you give your body a voice.

Dear You,



1. What did you notice in writing these two letters?

2. Did anything come up that surprised you?

3. What are your takeaways from this exercise?

ABOUT ME

I'm Johana and I am a **Certified Life Coach** that specializes in Body Image and Pleasure.

I help my clients transform their lives by:

- ✓ **Understanding Thought Patterns**

I help my clients pay attention to where their thoughts are coming from. Often, what we think is factual is just a repetition of societal messages or things we've heard from family. Through my coaching, clients learn to distinguish between these external influences and their own true beliefs.

- ✓ **Fostering Self-Love and Patience**

One of the most significant changes my clients experience is learning to have patience and love for themselves as they are. This shift in mindset is crucial and often something they've never done before. When they start to think of themselves differently, they begin to WANT to take care of their bodies, not out of a need to fix them but out of a genuine desire for self-care.

- ✓ **Reframing Movement and Nutrition**

With a newfound sense of self-love, clients begin to view movement as a way to care for themselves rather than a dreaded chore. They also start to consider what they use to fuel their bodies, making healthier choices because they want to, not because they feel they have to.

- ✓ **Addressing Perfectionism**

I help clients identify how perfectionism is holding them back from achieving their goals. By setting attainable milestones and celebrating their achievements, clients learn to see and love themselves as they are,



without the constant need to be perfect. This naturally leads to better self-care and healthier habits.

✓ **Creating Sustainable Change**

My approach is about learning to love and trust yourself, deciding who you want to be, and how you want to show up for yourself. This deep sense of self-love is the foundation for creating lasting healthy habits. Clients realize that they don't need to fix themselves to be worthy; they are already worthy. This shift in perspective is the key to sustainable change.

Testimonial

"This is the last time I am going to struggle with my weight, thanks to Johana's program. I have learned to love and trust myself and decide who I want to be and how I want to show up for myself. This approach is drastically different from anything I've tried before, and it's made all the difference. I will be forever grateful, and you will be too!" – Megan Brown -

Join the Transformation

If you're ready to transform your relationship with your body and create lasting change, I'm here to guide you. Together, we can achieve your goals through a deep sense of self-love and intentional action. Let's start this journey to a healthier, happier you. [Schedule a FREE discovery call today!](#)