

SELF LOVE WORKBOOK



bodylovecoachindy.com

Devin Cahill

Hi and... WELCOME!



Welcome to a transformative journey towards embracing and celebrating the incredible person you are! This workbook is your dedicated space for cultivating self-love, a powerful force that radiates from within and uplifts every aspect of your life. As you embark on this exploration, you'll discover tools, reflections, and exercises designed to nurture a profound connection with yourself. Get ready to unlock the incredible potential that lies within your heart and embark on a fulfilling adventure of self-discovery. You deserve the love and care you give to others - welcome to the empowering world of self-love!

Let's start!

DEVIN CAHILL

NUTRITIONIST | HEALTH COACH



www.bodylovecoachindy.com

who am i? HI THERE!

Hi, I'm Devin, The Body Love Coach. I'm a Holistic Nutrition Wellness Coach working to change the coaching game by introducing a body-positive, self-love focused approach to goal setting and optimizing your health. Through my workshops, one-on-one coaching journeys, as well as in-person and online intensives and opportunities, I hope to create healthy, vibrant, body-positive communities!

It's often daunting to approach working on your health goals without any support, encouragement, knowledge, resources, or accountability. Working with a health coach is a great way to support your holistic wellness. If you're new to coaching, I can promise you that I am dedicated to helping you comfortably navigate the process as we work together towards your optimum health in whatever areas of focus are important to you!

Are you ready?

The Body Love Coach

HOLISTIC WELLNESS COACH | BODY IMAGE ADVOCATE



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YOU DESERVE TO
FEEL AMAZING IN
YOUR BODY.

- DEVIN.



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My Promise to You

BODY LOVE COACH

I want to help you break through the chatter. The self-limiting thoughts, beliefs, and self-talk that keep us in our current patterns and cycles. My goal is to help you reframe the attitudes that many of us have deeply engrained around food, nutrition, our bodies, and ourselves. I want to help you to step deeper into your relationship with nourishment, including the food and nutrition found on our plates, but in every other area that we find nourishment - our homes, our careers, relationships, hobbies, goals, and communities. I want to help you come home to your body as it's best friend and primary care provider. I am here to remind you that you have the necessary tools and knowledge already, to heal and grow yourself, by yourself. You are so totally enough. You are whole. As your coach, it is my job to unlock that knowledge and empower you as you navigate your journey towards your optimum holistic wellness. I want to help you to not only grow and reach your goals, but thrive and celebrate yourself during every step of the process.








I CAN'T WAIT TO
BEGIN THIS
JOURNEY WITH
YOU!.

“



Intuitive Eating CHECKLIST

BY INCORPORATING THESE PRACTICES INTO YOUR ROUTINE, YOU CAN GRADUALLY DEVELOP A MORE INTUITIVE AND MINDFUL APPROACH TO EATING, FOSTERING A HEALTHIER RELATIONSHIP WITH FOOD AND YOUR BODY.

-  Check-In with Hunger Levels: Pause before eating to assess your hunger on a scale from 1 to 10. Eat when you are moderately hungry rather than extremely hungry.
-  Savor Your Food: Eat slowly, paying attention to flavors, textures, and aromas. Put your utensils down between bites to help pace yourself.
-  Listen to Your Body: Pay attention to fullness cues and stop eating when you feel satisfied, not overly full.
-  Ditch External Rules: Challenge dieting rules and restrictions. Allow yourself to eat foods you enjoy without guilt.
-  Eat Without Distractions: Minimize distractions like TV, phones, or computers during meals. Focus on the eating experience and your body's responses.
-  Honoring Cravings: Allow yourself to respond to food cravings without judgment. Satisfy cravings in a balanced and mindful way.
-  Practice Mindful Eating: Engage all your senses while eating. Notice the colors, textures, and smells of your food.










Self Care CHECKLIST

- ☐ Establish a Daily Routine: Set aside time each day for self-care activities. Create a consistent schedule that includes moments of relaxation and joy.
- ☐ Prioritize Sleep: Aim for a consistent sleep schedule and ensure you get enough rest. Create a calming bedtime routine to promote quality sleep.
- ☐ Practice Mindfulness: Incorporate mindfulness or meditation into your daily routine. Take moments to breathe deeply and be present in the current moment.
- ☐ Engage in Hobbies: Set aside time for activities you enjoy and that bring you fulfillment. Explore new hobbies to add variety and excitement to your routine.
- ☐ Set Boundaries: Learn to say no when necessary to protect your time and energy. Establish healthy boundaries in relationships and work.
- ☐ Seek Support: Reach out to friends, family, or professionals when needed. Prioritize your mental health and seek support when facing challenges.

gratitude CHECKLIST

USE THIS GRATITUDE CHECKLIST TO HELP YOU GET STARTED
WITH A DAILY GRATITUDE PRACTICE, THEN CREATE YOUR OWN
LIST!

-  Something in the morning that brings you joy.
-  A gift from someone that makes you smile.
-  Something that you love doing with your friends or family.
-  Something that helps you feel calm and relaxed.
-  Someone who has made a positive difference in your life.
-  Something you wear that makes you feel good.
-  Something that you were putting off, but finally did.

Body Positive Goals CHECKLIST



Cultivate Mindful Eating Habits: Prioritize being present and fully engaged during meals, savoring the flavors and textures of food without distraction.



Diversify Nutrient Intake: Aim to include a variety of foods in your diet to ensure a well-rounded and balanced nutritional profile.



Challenge Food Labels: Work towards dismantling the labeling of foods as "good" or "bad" and instead focus on the overall balance and moderation in your diet.



Listen to Body Signals: Practice tuning into your body's hunger and fullness cues, allowing these signals to guide your eating patterns rather than external rules.



Engage in Enjoyable Movement: Shift the focus from exercise as a means of punishment to embracing enjoyable physical activities that promote well-being and joy.



Cultivate Positive Self-Talk: Challenge negative thoughts about your body and food choices, fostering a more compassionate and accepting inner dialogue.



Embrace Body Neutrality: Strive to appreciate and respect your body for its functionality and the experiences it allows, rather than solely focusing on aesthetics.



Ditch Restrictive Diets: Say goodbye to extreme dieting and embrace a balanced, flexible approach to eating that accommodates your individual needs and preferences.

Steps to LOVING YOUR BODY

Forget Perfection.

The messages and ideas of perfection around the ideal body, ideal weight, perfect nutrition plan, or perfect exercise regimen can be daunting, exhausting, and downright frustrating. So why not ditch all of the mindless chatter that we are constantly bombarded with? Wouldn't it be nicer to BE nicer? The chatter of these voices are often hard to block out, but what if we could instead replace these messages with kinder ones?

WOULDN'T IT BE
NICE TO BE
NICER?.



Your body is not meant to be perfect. Instead of insisting on perfection, begin to celebrate the wonderful being that your body is. Give gratitude for how it moves, how it is able to rest, heal, renew, and restore. Give gratitude for how your body can grow and change, and for the food that serves to nourish for your perfect, whole self.

Practice Radical Acceptance.

We can all relate to having things about yourselves that we want to improve. In fact, it can be wonderful to take care of ourselves and reach towards growth. However, it's often tempting to find ourselves stuck in a cycle of negative-self talk regarding ourselves, bodies, or choices. These voices become louder even, as we seek to make healthy changes. Instead of allowing these negative thoughts or ideas to invade and tell us we "aren't good enough", practice the habit of identifying and exploring all of the wonderful things that you love about your unique self. Adore what makes you YOU.





Steps to LOVING YOUR BODY

Identify The Gremlin and Choose
A Better Thought.

I like to refer to our negative self-talk as our “Gremlin”. Our gremlin is the source of those negative and unhelpful thought patterns that kill our self-esteem and keep us from feeling connected and safe in our bodies. When The Gremlin pops up, try to gently remind him to “Stuff It” and replace his messages with ones of self-acceptance, appreciation, and love. Here is where having a set of positive affirmations can be helpful. Simple phrases like “I love my body the way it is now”, can be used as a mantra to shift into a better mindset. As you practice, you may find that simply identifying and naming The Gremlin is enough to silence his oh-so-negative chatter.

WHEN THE GREMLIN
POPS UP, KINDLY
REMINDE HIM TO STUFF
IT.





Steps to LOVING YOUR BODY

Enjoy Movement Your Way.

Some people love to go to the gym, making time daily or weekly to get their recommended minutes. Others may not find they enjoy or find success in a gym, and that's okay. Movement and exercise are important parts of our wellness journey, it's just about finding movement that you love! Maybe your daily exercise routine looks like tending to your garden, playing outside with your kids, practicing your hula hooping skills, or simply taking a walk around your community with your favorite furry friend. Exercise (the "E-Word") doesn't have to be complicated. Find what you love, and do more of that! You'll find that you rest better, move better, and feel more energized and confident in your body.

FIND WHAT YOU LOVE,
AND DO MORE OF
THAT!

”





Steps to LOVING YOUR BODY

Use Affirmations

Speaking of affirmations, it can be useful to have a set of these on hand. Try hand writing messages to yourself, and placing them where you will see them through the day, especially in places like the kitchen or bathroom where you may be confronted with those Gremlin thoughts more often. You can create your own, as simple as “I Love My Unique and Strong Body”, or check out the free printable Body Positive Affirmation cards that you can simply print and cut as daily reminders that you are amazing.

Practice Intuitive Eating.

No one knows how to take care of your body better than Your Body. So why rely on diet trends, self-help articles, or your aunt’s most recent Facebook post to guide your food choices?

NO ONE KNOWS HOW
TO TAKE CARE OF
YOUR BODY BETTER THAN YOU.





Steps to LOVING YOUR BODY

Take time to reflect on how you feel as you choose your foods. How do you feel in your body? What is your body craving? How are you feeling emotionally? As you enjoy your food, pay attention to how you feel as you eat. What memories or feelings does it bring up? How do you feel after you eat? Can you notice how your body feels immediately after? How about three hours later?

Becoming familiar with why you choose certain foods, and identifying how your food choices make you feel is the first step towards approaching food from an intuitive place. Begin to notice what you crave, and when. By noticing, you can give yourself permission to make mindful and informed food choices. The more choices you make, the more empowered you will begin to feel around nourishing yourself, body and mind.

BY NOTICING, YOU
GIVE YOURSELF
PERMISSION TO MAKE
MINDFUL CHOICES.





Steps to LOVING Your Body

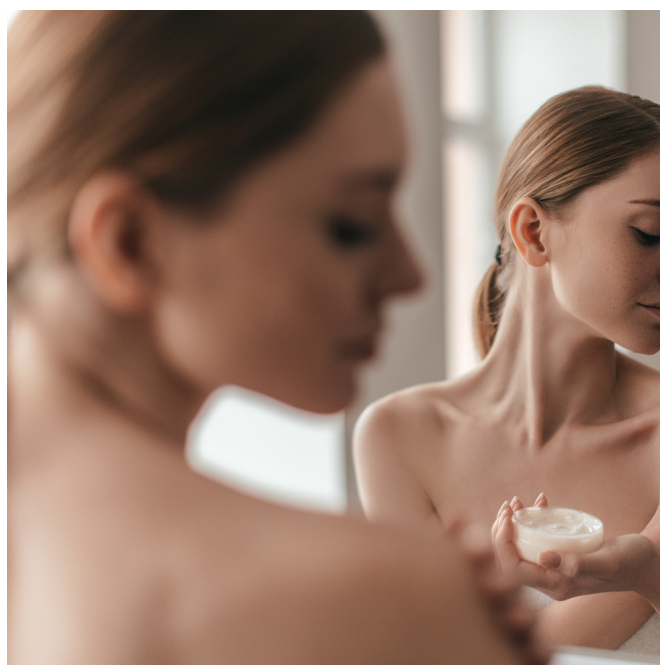
Be Careful When You are Stressed, Tired, or Bored.

Pay special attention when you find yourself tired, bored, or triggered by stress or anxiety, these are sticky traps that may keep you in a cycle of emotional eating and regret. When you notice these feelings, take a moment to step back, take a few deep breaths, and connect with your body and emotions before making a choice.

Connect with Your Community

Finding your tribe is a powerful step towards reframing your relationship with your body, as you connect with similar positive-minded people! Having a strong support network of friends or family to cheer you on, encourage you, hold you accountable, and remind you that you are FABULOUS can make our health and wellness journey much more fun.

Do you have a strong support network that you can rely on? Consider seeking out community groups or clubs that share a similar mindset. Are there any body-positive groups in your area? Don't be afraid to put yourself out there, the rewards will be oh-so worth it!



making peace WITH FOOD

Making peace with food is a liberating journey of rediscovering the joy and nourishment that comes with eating. It involves letting go of restrictive diets, guilt, and judgment surrounding food choices. Instead of viewing certain foods as enemies, it's about embracing a balanced and intuitive approach to eating.

Making peace with food means honoring your body's cues, allowing yourself to savor the flavors without attaching moral value to what you consume. It's a shift from rigid rules to mindful enjoyment, fostering a positive relationship with food that nourishes not just the body, but also the soul. By releasing the notion of "good" or "bad" foods, you open the door to a healthier and more sustainable lifestyle where pleasure and well-being coexist harmoniously on your plate. It's about finding freedom in every bite and embracing a compassionate and forgiving attitude towards oneself.

People may struggle to make peace with food due to societal pressures and unrealistic beauty standards that perpetuate diet culture. External influences, such as media messages and social comparisons, can contribute to feelings of guilt and shame surrounding food choices. Internalized beliefs about good and bad foods, along with past dieting experiences, may create a mindset that hinders a healthy relationship with food. Emotional factors, like stress or emotional eating habits, can also be significant barriers to making peace with food.



Body Image QUIZ

USE THIS QUIZ TO EVALUATE YOUR MINDSET AROUND BODY IMAGE

1. HOW WOULD YOU DESCRIBE YOUR OVERALL RELATIONSHIP WITH YOUR BODY?

A. Good

☐

B. Fair

☐

C. Poor

☐

2. DO YOU FIND YOURSELF COMPARING YOUR BODY TO OTHERS?

A. Never

☐

B. Sometimes

☐

C. Often

☐

3. HOW DO YOU REACT TO CHANGES IN YOUR BODY, WHETHER POSITIVE OR NEGATIVE

A. Positive

☐

B. Neutral

☐

C. Negative

☐

4. ARE THERE SPECIFIC SOCIETAL STANDARDS OR MEDIA INFLUENCES THAT YOU FEEL IMPACT YOUR PERCEPTION OF AN IDEAL BODY

A. Yes

☐

B. Unsure

☐

C. No

☐

30-DAY SELF LOVE Challenge

CHALLENGE YOURSELF TO PRACTICE SELF LOVE HABITS EACH
TODAY FOR A MONTH!

01 write down three positive affirmations about yourself	02 List three things you're grateful for each day	03 Take a break from social media	04 Treat yourself to a relaxing bath, or any other self- care activity	05 Eat mindfully, savoring each bite.
06 Set realistic achievable goals. Celebrate small victories	07 Consume content that inspires and uplifts you	08 Spend time outdoors.	09 Give yourself compliments throughout the day.	10 Visualize your ideal self. Focus on positive feelings associated with these visions
11 Engage in an activity or learn something new that interests you	12 Take time to reflect on your achievements and areas of personal growth	13 Avoid screens before bedtime, choose activities like reading, meditation, or gentle stretching	14 Perform small acts of kindness for yourself.	15 Practice body- positive affirmations + engage in activities that make you feel good physically.
16 Clean up your digital space.	17 Engage in a form of exercise that brings you joy.	18 Write a letter of self- forgiveness, acknowledging everyone makes errors + learns from them	19 Express yourself creatively, whether through art, writing, or any other form	20 Spend quality time with loved ones or friends who uplift and support you
21 Practice mindfulness meditation to bring awareness to the present moment.	22 Stand in front of a mirror and repeat positive affirmations about yourself.	23 Avoid comparing yourself to others. Focus on your unique journey and accomplishments.	24 Review your short- term goals. Celebrate progress and adjust them if necessary.	25 Express your feelings openly. Share them with a trusted friend, through art, or in a journal.
26 Establish healthy boundaries in your relationships	27 Reflect on positive changes you've noticed in your mindset throughout the challenge.	28 Plan a day filled with activities you love	29 Write a letter to your future self, expressing self-love and optimism for the journey ahead.	30 Celebrate the completion of the challenge.

A LITTLE ABOUT SELF CARE

Self-care is the ultimate love affair you can have with yourself, creating a harmonious symphony between mind, body, and soul. It's like giving your own heart a warm, reassuring hug. In the hustle and bustle of life, taking a moment for self-care is like pressing the reset button on your well-being. Whether it's indulging in a bubble bath, savoring a delicious meal, or simply basking in the glow of a good book, self-care is the secret sauce that nourishes your spirit. By prioritizing self-care, you're not just pampering yourself; you're planting the seeds of self-love. It's the transformative journey of saying, "Hey, I matter," and sprinkling a little extra magic into your everyday life. So, go ahead, embrace the art of self-care, and let the love affair with yourself blossom into a radiant, empowering relationship. You deserve it



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BY PRIORITIZING SELF-
CARE, YOU'RE NOT JUST
PAMPERING YOURSELF;
YOU'RE PLANTING THE
SEEDS OF SELF-LOVE.

Choosing Your THOUGHTS

WRITE OUT EACH UNHELPFUL THOUGHT THAT YOU
NOTICE. THEN FILL IN THE BOX WITH A MORE
HELPFUL/KIND THOUGHT

UNHELPFUL THOUGHT: _____

UNHELPFUL THOUGHT: _____

UNHELPFUL THOUGHT: _____

UNHELPFUL THOUGHT: _____

UNHELPFUL THOUGHT: _____

Self Love JOURNAL

A DAY-BY-DAY JOURNEY TO SELF-LOVE

JOURNALING CAN BE A GREAT WAY TO PRACTICE MORE INTERNAL INQUIRY, WHILE IDENTIFYING WHERE YOU CAN INTRODUCE MORE SELF-DIRECTED KINDNESS AND COMPASSION INTO YOUR LIFE, ALLOW HEALTHY EMOTIONAL EXPRESSION, DE-STRESS, AND BOOST YOUR MOOD.

FIND A QUIET MOMENT THAT WORKS FOR YOU DURING OR AT THE END OF YOUR DAY, AND REFLECT ON EXPERIENCES, THOUGHTS, AND FEELINGS.
USE THE PROMPTS GIVEN TO GUIDE YOU IN YOUR JOURNALING., OR USE A SEPARATE JOURNAL OF YOUR OWN.

I WHAT IS ONE THING I ADMIRE ABOUT MYSELF?

LIST 3 THINGS OR PEOPLE I AM GRATEFUL FOR:

WHAT IS ONE THING I CAN FORGIVE MYSELF FOR?

WRITE DOWN THREE COMPLIMENTS YOU'VE RECIEVED. HOW DID THEY MAKE YOU FEEL?

Self Love JOURNAL

WHAT CHALLENGES AM I FACING RIGHT NOW? HOW AM I GROWING FROM THEM?

WHAT MAKES ME UNIQUE? ADMIRABLE? LOVABLE?

WHAT IS ONE PERSONALITY TRAIT THAT I AM PROUD OF?

WHAT IS MY FAVORITE SELF CARE ACTIVITY? HOW CAN I PRACTICE MORE OF IT?

WHAT WAS THE HIGHLIGHT OF TODAY? HOW DID IT FEEL?

INVESTIGATING My Beliefs

OUR PERSONAL BELIEFS - BOTH NEGATIVE AND POSITIVE - PLAY A ROLE IN OUR SELF-APPRAISAL, OR HOW WE FEEL ABOUT OURSELVES.

OFTEN, WE MAY HOLD FALSE OR OVERLY-CRITICAL BELIEFS ABOUT OURSELVES, PLACING MORE PSYCHOLOGICAL EMPHASIS ON THE NEGATIVE THINGS WE BELIEVE, OR JUDGING OURSELVES TOO CRITICALLY FOR OUR PERCEIVED FLAWS.

BY BECOMING AWARE OF OUR PERSONAL BELIEFS, WE CAN START TO RECOGNIZE THEIR IMPACT. WE CAN WORK ON REPLACING THEM WITH POSITIVE BELIEFS AND BEGIN CULTIVATING A MORE ACCEPTING, APPRECIATIVE, AND LOVING ATTITUDE TOWARD OURSELVES.

INSTRUCTIONS:

THE AIM OF THIS EXERCISE IS TO HELP YOU FOSTER MORE SELF-LOVE BY EXPLORING HOW YOU APPRAISE YOURSELF AND IDENTIFYING YOUR PERSONAL BELIEFS. YOU'LL CONSIDER HOW YOU SEE YOURSELF AS A PERSON, YOUR BEHAVIORS, AND OTHER.

WORK THROUGH THE 10 QUESTIONS PROVIDED, WRITING YOUR ANSWERS IN THE SPACES AT YOUR OWN PACE. AFTERWARD, YOU CAN USE THE DEBRIEFING PROMPTS TO REFLECT ON YOUR RESPONSES.

What is my favorite thing about myself? Why?

What are my most achievable goals in life?

INVESTIGATING My Beliefs

How do I handle criticism?

What past accomplishments am I most proud of?

How do I feel when I make a mistake? What do I do?

How do I feel when someone compliments me?

What do I feel like I am really good at?

INVESTIGATING My Beliefs

If I could do anything in my life right now, what would it be?

What makes me feel good about myself?

When do I feel most comfortable “being me?”

Step 2: Debrief

Take a few moments to consider your responses. Thinking about the following questions may help you evaluate your answers.

How did you feel doing this worksheet?

What do you feel you learned?

Did any of your answers surprise you?

Where do you feel you might work on changing your beliefs to make them less critical or harsh? How?

LOVE LETTER To Myself

THE PURPOSE OF THIS EXERCISE IS FOR YOU TO IDENTIFY YOUR MANY GREAT QUALITIES AND HOW THEY BENEFIT YOU. YOU ALSO WILL COME UP WITH WAYS TO PRACTICE YOUR STRENGTHS IN DAILY LIFE. THIS SELF-LOVE EXERCISE WILL HELP YOU TO FOCUS ON YOUR BEST TRAITS, ABILITIES AND TALENTS. IN DOING SO, YOU ARE ON YOUR WAY TO BECOMING A MORE SELF-CONFIDENT AND RESILIENT INDIVIDUAL.

STEP 1: THINK ABOUT THE THINGS YOU LOVE MOST ABOUT YOURSELF. FOCUS ON QUALITIES OF YOUR PERSONALITY THAT MAKE YOU UNIQUE, STRONG OR LOVABLE. FOR EXAMPLE:

I AM: *HONEST*
I AM: *BRAVE*
AM: *CREATIVE*

NOW LIST YOUR POSITIVE QUALITIES BELOW

I AM...

I AM...

LOVE LETTER To Myself

I AM...

I AM...

I AM...

I AM...

I AM...

LOVE LETTER To Myself

STEP 2: CONSIDER THE WAYS IN WHICH THESE QUALITIES HAVE BENEFITED YOU OR SOMEONE ELSE IN YOUR LIFE. FOR EXAMPLE:
THE QUALITY OF HONESTY HAS BENEFITED ME BECAUSE MY BOSS TRUSTS ME TO WORK ON IMPORTANT PROJECTS INDEPENDENTLY.

THE QUALITY OF BRAVERY HAS BENEFITED ME BECAUSE I GOT THROUGH A VERY PAINFUL SITUATION IN MY LIFE AND BECAME STRONGER BECAUSE OF IT.

THE QUALITY OF CREATIVITY HAS BENEFITED ME BECAUSE I HAVE CREATED ARTWORK THAT I AM PROUD TO DISPLAY IN MY HOME.

NOW LIST THE BENEFITS OF YOUR POSITIVE QUALITIES BELOW...

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

LOVE LETTER To Myself

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

THE QUALITY OF. HAS BENEFITTED ME BECAUSE

LOVE LETTER To Myself

STEP 3: NEXT COME UP WITH WAYS TO HONOR THESE QUALITIES IN WAYS THAT ARE PERSONALLY MEANINGFUL TO YOU. FOR EXAMPLE:

I WILL REMIND MYSELF THAT I AM A GOOD AND HONEST PERSON EACH DAY.

WHEN FACED WITH CHALLENGES, I WILL REMEMBER THE TIMES I HAVE OVERCOME ADVERSITY IN MY LIFE.

I WILL CONTINUE TO CREATE BECAUSE DOING SO MAKES ME FEEL MORE FULFILLED AND CONTENT.

NOW LIST THE WAYS YOU WILL HONOR YOUR POSITIVE QUALITIES BELOW...

I WILL HONOR...

BY...

I WILL HONOR...

BY...

I WILL HONOR...

BY...

LOVE LETTER To Myself

I WILL HONOR...

BY...

I WILL HONOR...

BY...

I WILL HONOR...

BY...

I WILL HONOR...

BY...

Now that you have completed your “letter,” keep it handy and feel free to add to it when you learn more wonderful things about yourself!

Things I LOVE

WORK THROUGH THE CATEGORIES BELOW TO LIST THE THINGS YOU
LOVE WITHIN EACH DOMAIN, ONE BY ONE.

MOVIES, EXAMPLE: " MY FAVORITE CLASSIC MOVIE.. "

PEOPLE. EXAMPLE: 'PERSON I AM CLOSEST TO'

PLACES. EXAMPLE: 'THE BEST TRIP I EVER HAD...'

ANIMALS. EXAMPLE: 'PET I WOULD LIKE TO HAVE...'

BOOKS. EXAMPLE: 'I'M SO GLAD THAT I READ...'

Things I LOVE

WORK THROUGH THE CATEGORIES BELOW TO LIST THE THINGS YOU
LOVE WITHIN EACH DOMAIN, ONE BY ONE.

FOOD. EXAMPLE: 'I LOVE TO COOK...'

HOBBIES. EXAMPLE: 'I LOVE DOING...'

DREAMS. EXAMPLE: 'ONE SECRET PASSION OF MINE..'

SPORTS. EXAMPLE: 'ID LOVE TO BE GREAT AT..'

MUSIC. EXAMPLE 'I KNOW ALL THE WORDS TO...'

Body Image QUESTIONS

ANSWER THE FOLLOWING QUESTIONS WHICH CAN HELP YOU GAIN
CLARITY ABOUT YOUR RELATIONSHIP WITH YOUR BODY.

Do you engage in practices that promote self-love and acceptance of your body? If yes, what are they?

Have you ever felt pressured to conform to a certain body shape or size, and how did you navigate that experience?

Are there activities or hobbies that make you feel more connected and appreciative of your body?

What steps do you take to prioritize your mental and emotional well-being in relation to your body image?

What messages or beliefs about body image were you exposed to during your upbringing?

How would you describe your overall relationship with your body?

Who AM I EXERCISE

WHO AM I?

SELF-AWARENESS IS THE CAPACITY TO VIEW YOURSELF CLEARLY, FROM YOUR VALUES, DESIRES, AND PASSIONS, TO YOUR MOODS, BELIEFS, THOUGHTS, AND FEELINGS.

WHEN WE GIVE OURSELVES A CHANCE TO INTROSPECT, WE INCREASE OUR *INTERNAL SELF-AWARENESS*, OR OUR SELF- KNOWLEDGE.

WHEN WE CONSIDER HOW OTHERS SEE US, IN TURN, WE INCREASE OUR *EXTERNAL SELF-AWARENESS*, WHICH RELATES TO HOW WELL WE UNDERSTAND OTHERS' IMPRESSIONS OF US.

USE THE QUESTIONS ON THIS WORKSHEET AS THINKING POINTS, TO BUILD UP YOUR SELF-AWARENESS. WRITE YOUR ANSWERS IN THE SPACES PROVIDED, OR SEPARATELY IN A JOURNAL OF YOUR OWN - WHATEVER WORKS FOR YOU.

PART 1: WHO AM I?

WHEN WE EXPLORE OURSELVES INTERNALLY, WE GIVE OURSELVES A CHANCE TO COMPARE OUR THOUGHTS, BEHAVIORS, AND FEELINGS A LITTLE MORE CLOSELY.

OFTEN, THIS CAN REVEAL A LITTLE ABOUT HOW CLOSELY OUR ACTIONS AND EMOTIONS ARE ALIGNED WITH SUBCONSCIOUS STANDARDS OR VALUES THAT WE HOLD. WE CAN BECOME MORE PROACTIVE ABOUT REALIGNING, OR CHANGING, EITHER.

FIND A QUIET PLACE AND ANSWER THESE QUESTIONS AT YOUR OWN PACE, WRITING AS MUCH OR AS LITTLE AS YOU LIKE. THERE ARE NO RIGHT OR WRONG ANSWERS; ANSWER AS TRUTHFULLY AS POSSIBLE.

OTHER PEOPLE FREQUENTLY VIEW US DIFFERENTLY FROM THE WAY WE SEE OURSELVES.

Who AM I EXERCISE

OTHER PEOPLE FREQUENTLY VIEW US DIFFERENTLY FROM THE WAY WE
SEE OURSELVES.

1. *How do you think your closest friend or family member would describe you in one paragraph?*

2. *If one of your coworkers was to tell a story about you, what do you think they would say?*

3. *If your life partner was describing your biography, what kinds of things would they mention?*

NOW, TRY TO FORGET ABOUT OTHERS' PERSPECTIVES.

Who AM I EXERCISE

OTHER PEOPLE FREQUENTLY VIEW US DIFFERENTLY FROM THE WAY WE
SEE OURSELVES.

1. *If you were writing to your past self, what would you choose to include about who you are, now?*

2. *Imagine you're talking to your future self. What would you say about what makes you, you?*

3. *Take a moment to get in tune with your thoughts and write a little about your day. Try not to write solely about tasks and activities - but how you felt, and what you thought, at the time.*

Who AM I EXERCISE

PART 2: DEBRIEF

WITH YOUR ANSWERS RECORDED, CONSIDER THE
FOLLOWING:

WHAT STANDS OUT FROM YOUR ANSWERS?

ARE THERE ANY THAT PARTICULARLY SURPRISE YOU?

HOW DID THE EXERCISE MAKE YOU FEEL?

WHAT DO YOU FEEL YOU LEARNED FROM IT?

WHAT STEPS CAN YOU TAKE TO KEEP BUILDING ON
YOUR SELF-AWARENESS?

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Healing Your Relationship with Food

CHEAT SHEET

01

PRACTICE POSITIVE AFFIRMATIONS

Start your day with a list of positive affirmations around food! See the printable affirmation cards for some examples you can print, cut, and post where you will see them!

02

STOP PUNISHING YOURSELF

Feelings of guilt don't serve your body or your health! Instead, focus on where you're headed!

03

PRACTICE MINDFUL EATING

Slow down and focus on the details of your plate. Engage each of your senses and enjoy your meal free of distractions or interruptions. You will eat slower, digest better, appreciate more, and feel more satisfied.

04

GIVE GRATITUDE

Practicing gratitude can help you appreciate your food. Think about how the food will nourish you, the farmers who grew each ingredient, and every person who helped bring them to your plate.

05

EAT WITHOUT JUDGMENT

Work to dismiss any negative judgments or "shouldn't" statements while you eat. Whenever negative talk presents itself, find your way back to your gratitude practice.

06

LET GO OF PERFECTIONISM

Try to view you're eating as a journey to be enjoyed. Silence any voices that tell you that your journey has to be perfect or look like someone else's. You are exactly where you need to be!

07

NOTICE HOW YOU FEEL

As you select foods, pay attention to how you feel in your mind and body. Are you looking for emotional comfort or ease? .

08

FORGET "ALL OR NOTHING"

Forget the idea of "cheat days" "cheat meals" or "bad foods". No food is bad, and all foods can be enjoyed in moderation as part of a healthy diet!

Ten Steps to INTUITIVE EATING

STEP 01 REJECT DIET MENTALITY

Distance yourself from restrictive diets and embrace the idea that all foods can be part of a healthy diet.

STEP
01



STEP 02 CHALLENGE FOOD LABELS

Dismantle the notion of "good" or "bad" foods. Cultivate a non-judgmental attitude towards your food choices.

STEP
02



STEP 03 CULTIVATE MINDFUL EATING HABITS

Eat slowly and savor each bite, paying attention to flavors and textures. Minimize distractions during meals to enhance awareness..

STEP
03



STEP 04 ADDRESS EMOTIONAL EATING

Identify and understand emotional triggers for eating. Develop coping mechanisms for managing emotions without turning to food.

STEP
04



STEP 05 CELEBRATE FOOD

Acknowledge and appreciate the variety and nourishment that different foods provide.

STEP
05



Ten Steps to INTUITIVE EATING

STEP 06 BUILD BODY POSITIVITY

Challenge negative thoughts about your body. Focus on the functionality and strength of your body rather than external appearance.

STEP
06



STEP 07 SEEK SUPPORT

Consider consulting with a coach, therapist, or counselor specializing in disordered eating for personalized guidance

STEP
07

STEP 08 EXPLORE JOYFUL MOVEMENT

Engage in physical activities you enjoy without a focus on burning calories. Shift the emphasis from exercise as punishment to a celebration of movement.

STEP
08



STEP 09 SET REALISTIC GOALS

Establish achievable and realistic goals related to your relationship with food. Celebrate small victories and progress on your journey.

STEP
09



STEP 10 PRACTICE SELF COMPASSION

Be kind to yourself, recognizing that healing takes time. Focus on the positive changes you're making.

STEP
10



YOUR CORE VALUES

CIRCLE THE CORE VALUES FROM THAT LIST,
THAT MOST RESONATES WITH YOU: ALLOW THESE TO INSPIRE YOU!

Authenticity	Fame	Peace
Achievement	Friendships	Pleasure
Adventure	Fun	Poise
Authority	Growth	Popularity
Autonomy	Happiness	Recognition
Balance	Honesty	Religion
Beauty	Humor	Reputation
Boldness	Influence	Respect
Compassion	Inner Harmony	Responsibility
Challenge	Justice	Security
Citizenship	Kindness	Self-Respect
Community	Knowledge	Service
Competency	Leadership	Spirituality
Contribution	Learning	Stability
Creativity	Love	Success
Curiosity	Loyalty	Status
Determination	Meaningful Work	Trustworthiness
Fairness	Openness	Wealth
Faith	Optimism	Wisdom

schedule COACHING CALL your

Hey there, Health Enthusiast! Ready to kickstart your journey to a healthier, happier you? Well, do I have a treat for you! Sign up for a FREE health coaching consultation call, and let's dive into the fantastic world of wellness together. We'll chat about your goals, dreams, and how I can be your ultimate cheerleader on this adventure. It's not just a consultation; it's a chance to unravel the magic of a customized program designed just for you. Imagine feeling your absolute best and having a blast while doing it! So, why wait? Let's turn those health goals into reality - sign up now for a chat that's guaranteed to be as fun as a dance party (healthier snacks included)!

WHAT ARE YOU
WAITING FOR?

GET STARTED NOW

- NUTRITION GUIDANCE
- LIFESTYLE TRANSFORMATION
- MINDSET SHIFTS

FREE
Consultation



The Body Love Coach

bodylovecoachindy.com.

Coaching Package Options

There are several ways to get started with your health journey! Choose the option that fits with your needs!

BEST VALUE

INDIVIDUAL SESSION

\$75

- ✓ One-on-one virtual health coaching
- ✓ Pay as you go
- ✓ No commitment
- ✓ Personalized guidance

ONE TIME MONTHLY

\$299

- ✓ Save on a monthly package
- ✓ Weekly health coaching
- ✓ Recurring support
- ✓ Additional tools and resources

GROUP

\$10

- ✓ Weekly virtual group
- ✓ \$10 only, pay further what you can
- ✓ Group support
- ✓ Weekly health topics

Embark on a transformative journey towards a healthier, happier you with our customized health coaching packages. Our dedicated team is here to guide you every step of the way, providing personalized support to help you achieve your wellness goals. Don't let this opportunity pass you by - take charge of your well-being and book a coaching session today. Invest in yourself, embrace positive change, and unlock the door to a vibrant, fulfilling life. Your path to optimal health starts now!

Devin Cahill



The Body Love Coach

www.bodylovecoachndy.com

additional RESOURCES

01

MEAL PREP GUIDE

A guidebook for planning and cooking healthy meals.



02

GOAL SETTING GUIDE

A guide to walk you through setting goals and action steps.




03

COACHING GUIDEBOOK

An introduction to the coaching process and expectations.



A woman with blonde hair tied in a bun, wearing a white headband with a blue paisley pattern and a white sleeveless top, is smiling and looking down. She has a tattoo of a rabbit on her left forearm and a tattoo of the word 'LOVE' on her right forearm. The background is a kitchen with a white sink, a wooden cutting board, and green plants.

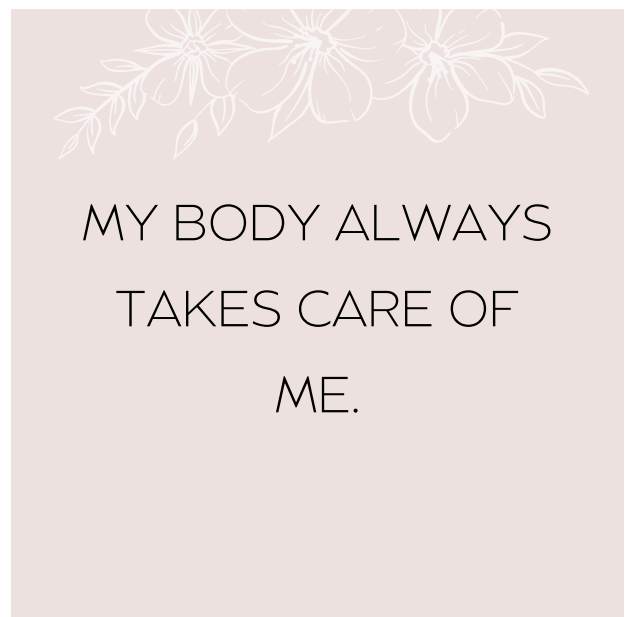
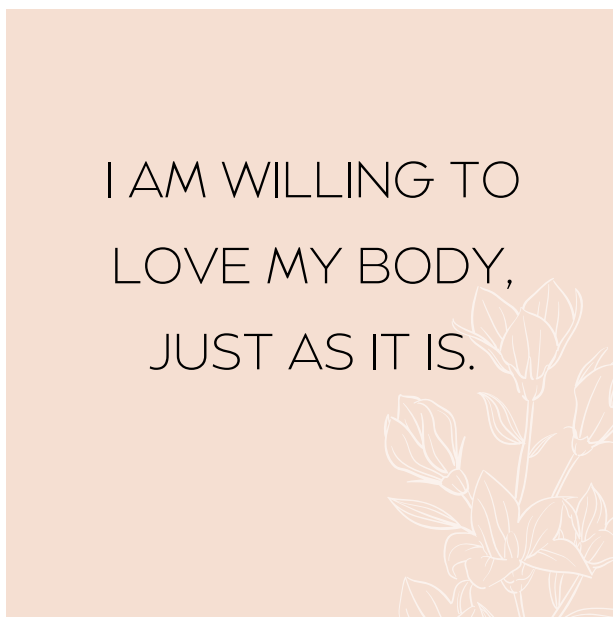
We are what we
repeatedly do.
Excellence, then,
is not an act, but a
habit.

Aristotle

Body Positive AFFIRMATION CARDS

Print these affirmation cards to help you shift into a place of appreciation and gratitude for your body! Begin your day with positive intentions.

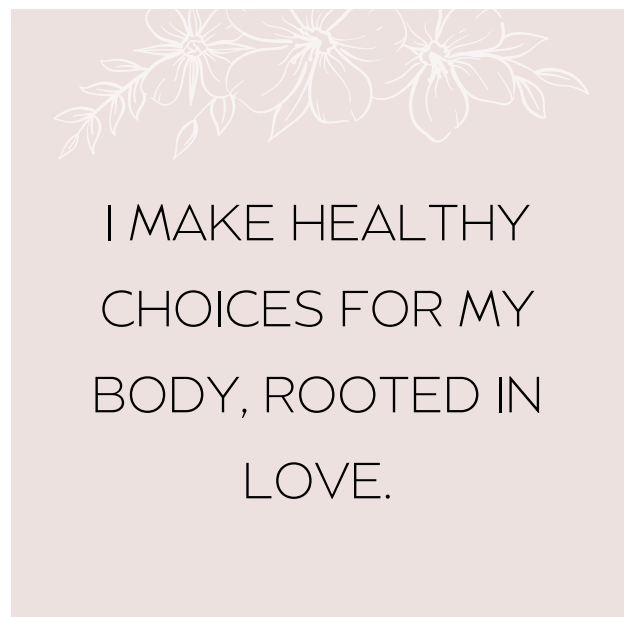
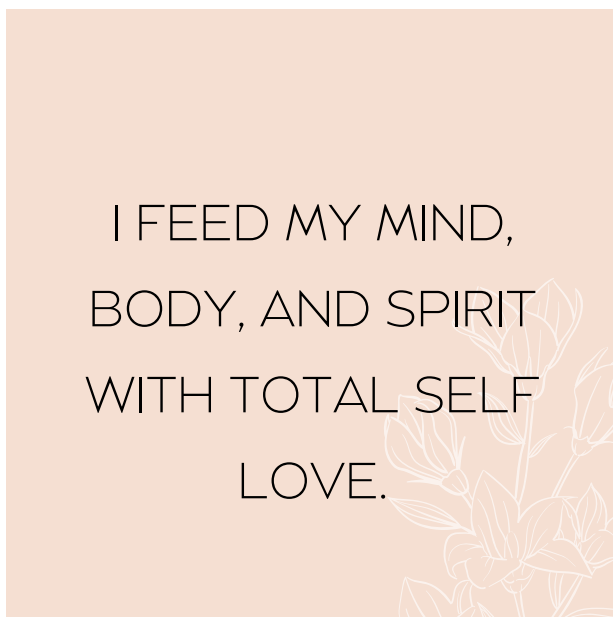
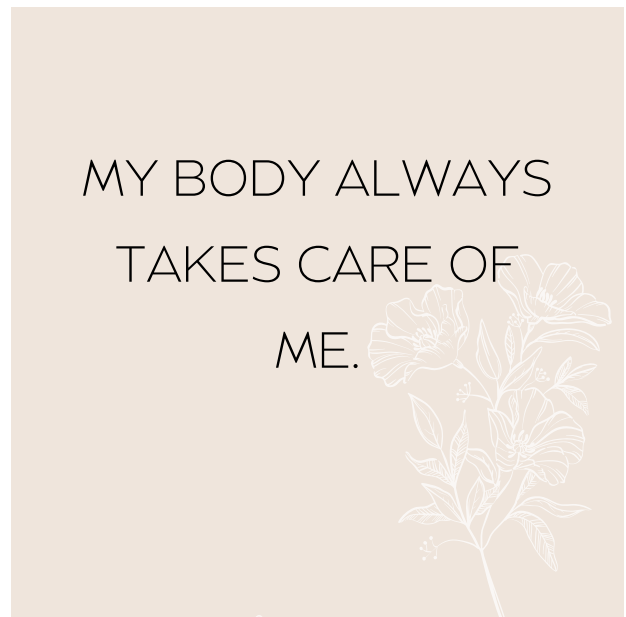
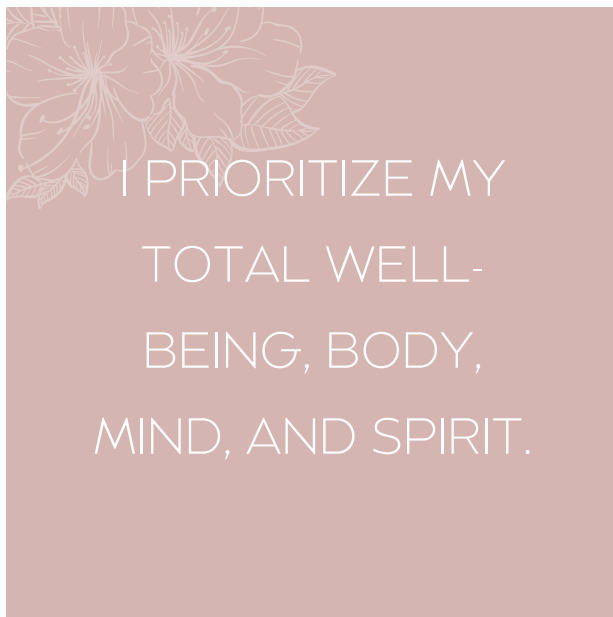
You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



Body Positive AFFIRMATION CARDS

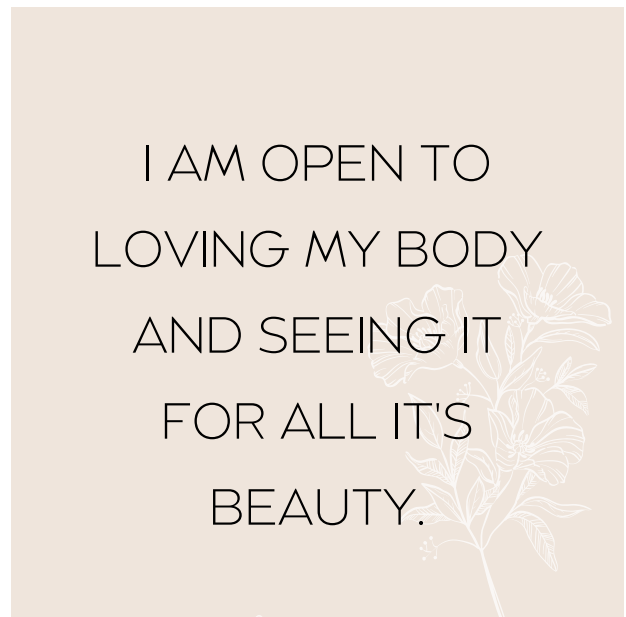
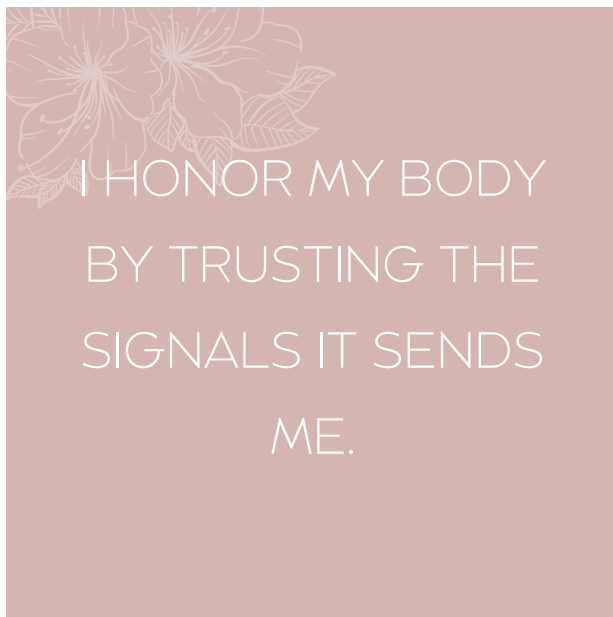
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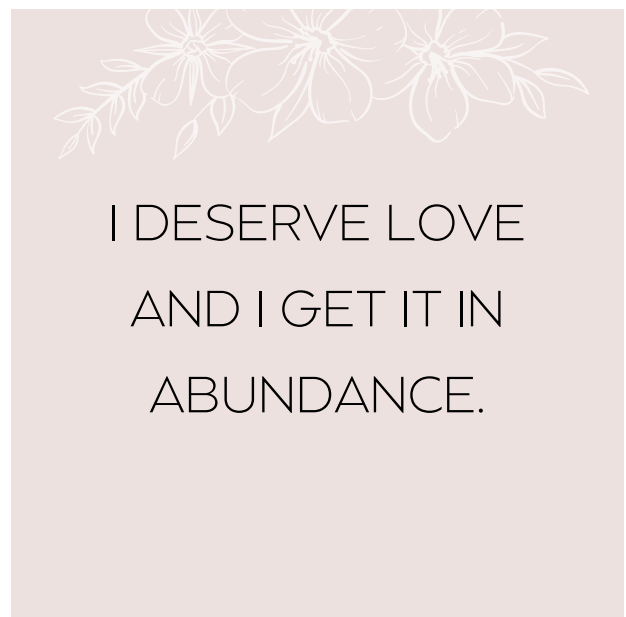
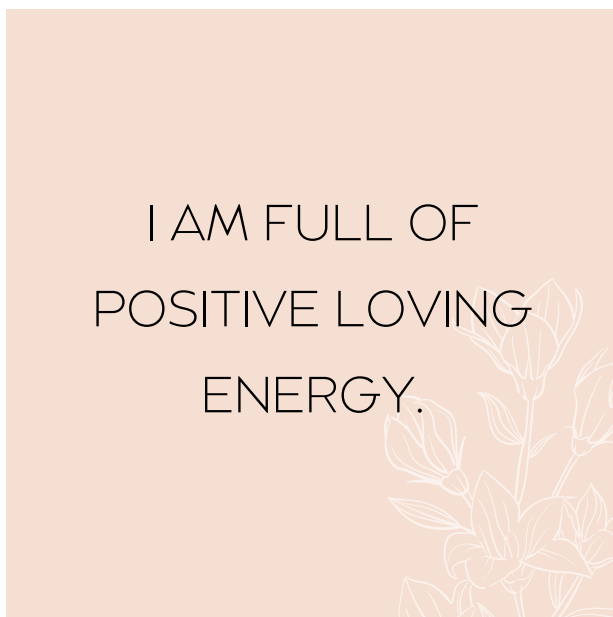
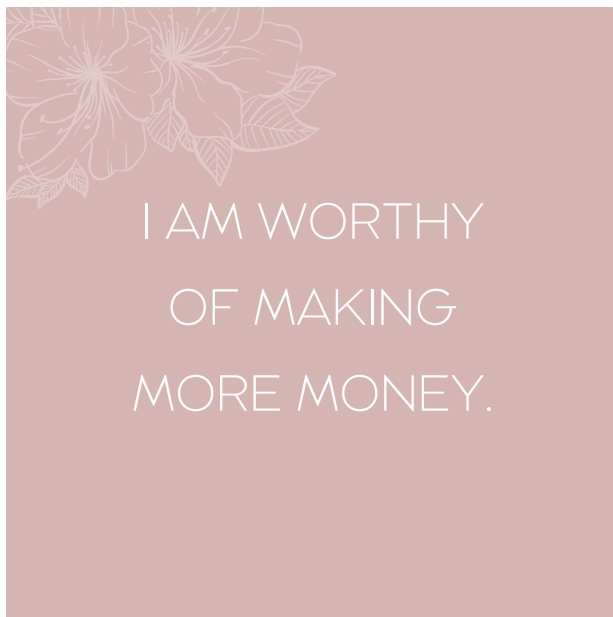
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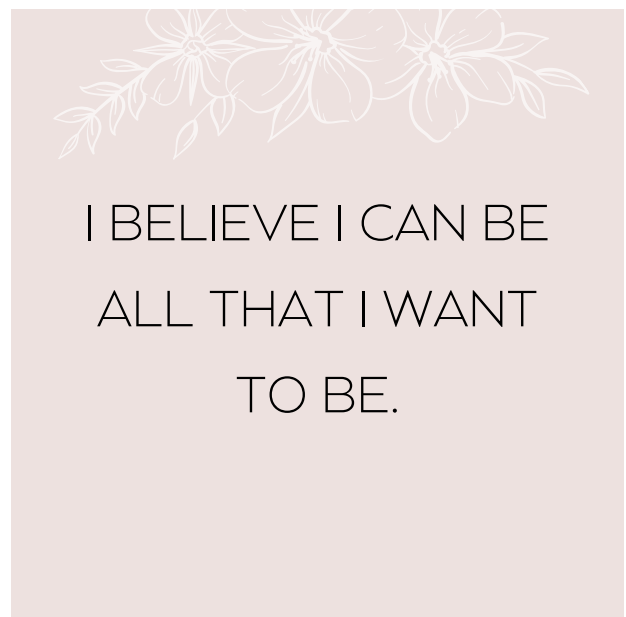
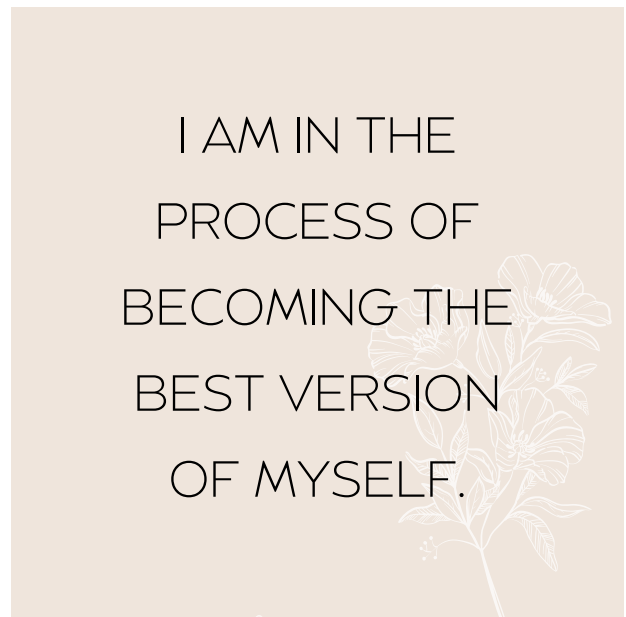
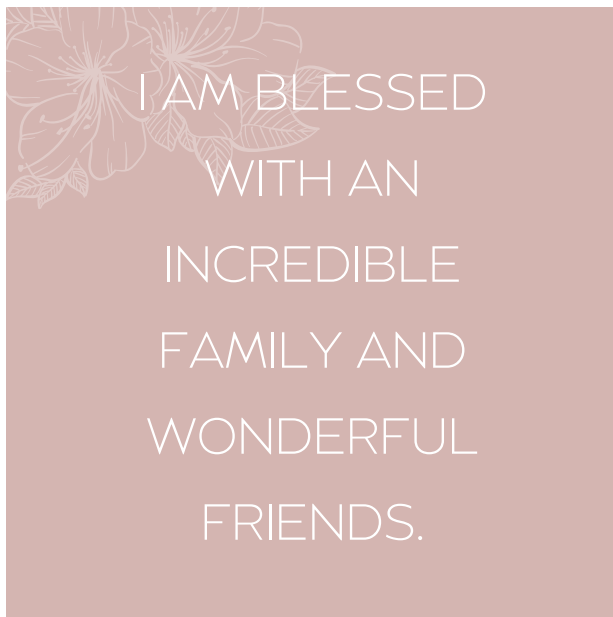
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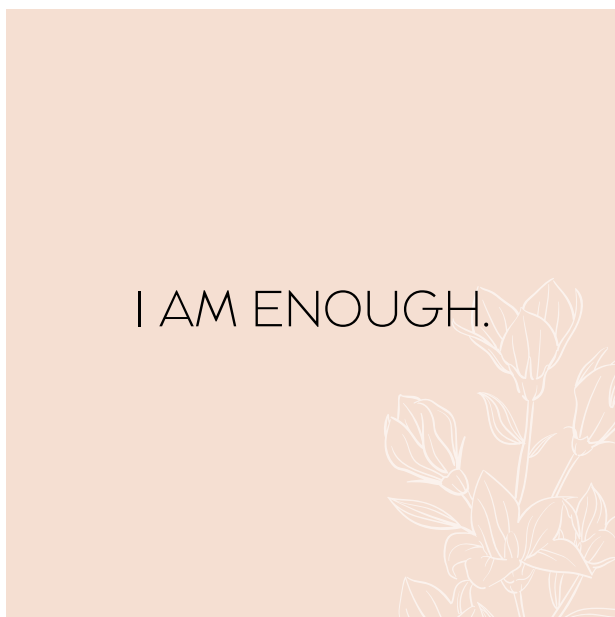
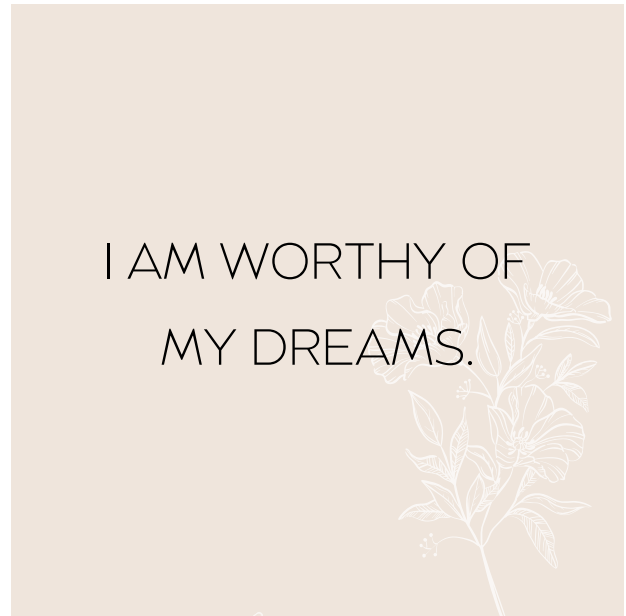
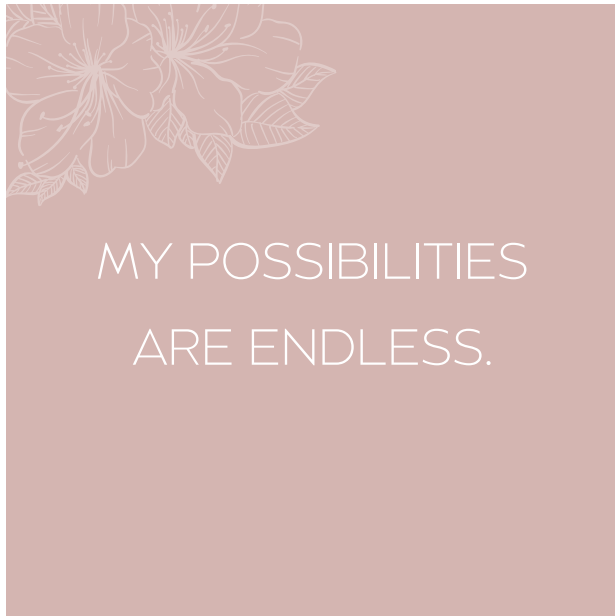
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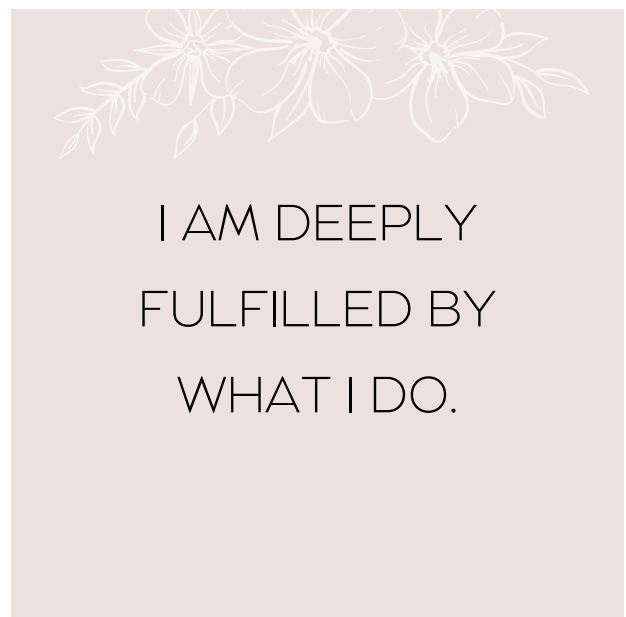
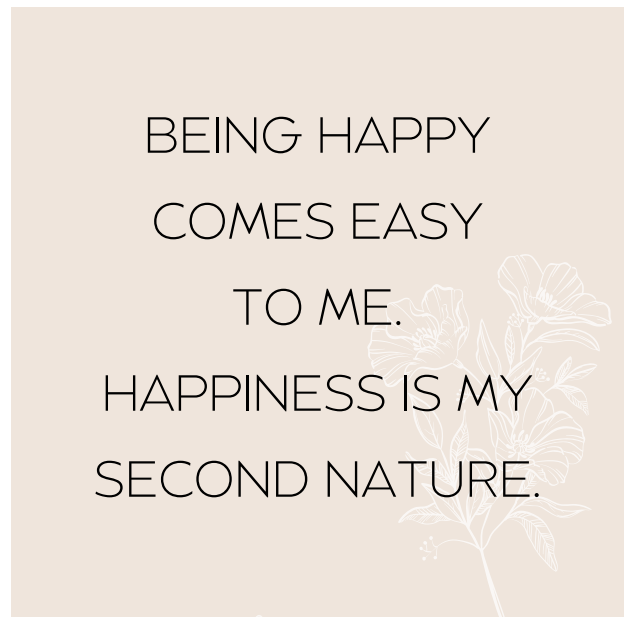
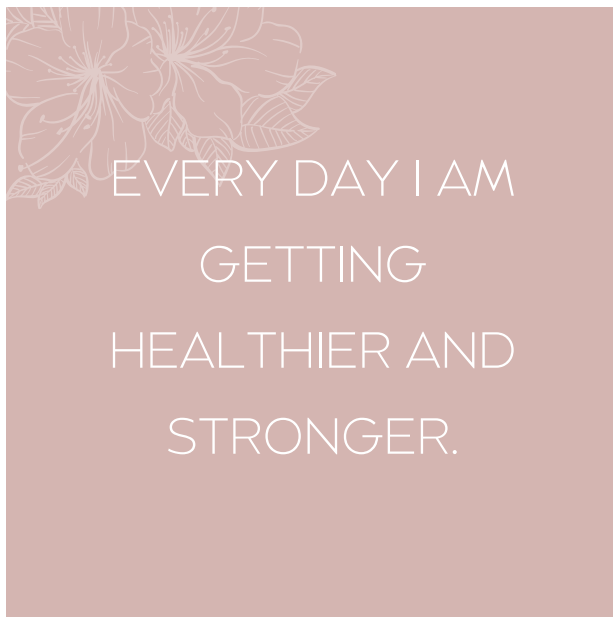
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thank you

LET'S STAY IN TOUCH?

www.bodylovecoachindy.com

Devin Cahill

Nutritionist | Health Coach



bodylovecoachindy.com

THANK YOU!

Congratulations on completing this transformative workbook! Your commitment to your health journey is truly commendable. As you move forward, remember that support is key to sustained success. I encourage each of you to stay connected with your health coach. Whether it's to celebrate victories, navigate challenges, or explore new goals, your coach is here to provide guidance and encouragement. Building a strong partnership will ensure that you continue to thrive on your wellness path. Reach out, share your experiences, and keep the conversation alive. Together, we can foster lasting positive change. Here's to your ongoing success and well-being!

