



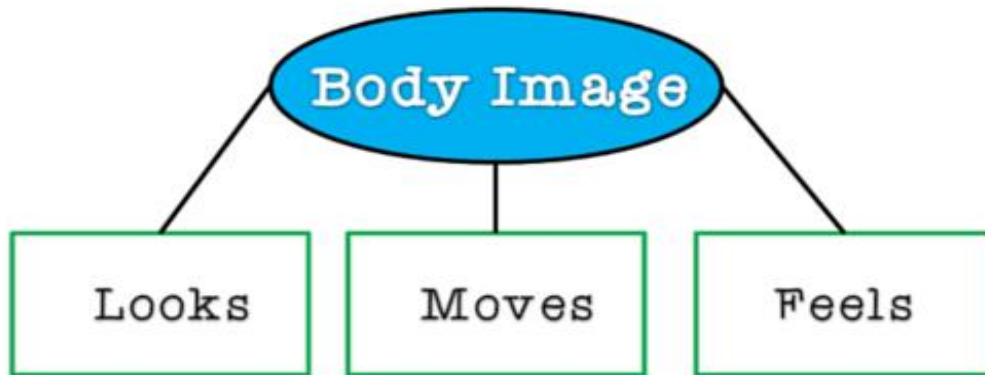
EAT. PLAY. LOVE. *Live* [NOW]

*How To Play*  
[Made Simple]

# BODY FREEDOM



We tend to focus our attention on what we DON'T love about our bodies. If you were to think about your body in a positive light, what would you say as a compliment to your body, to express gratitude to your body, or to thank your body for being your partner-in-crime all these years...and the years to come. Try to find things that you appreciate about how your body looks, moves, and feels.



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Based on your answers from the above section around your desires....now it's time to figure out what is **REQUIRED** of you to actually bring this to fruition. For example, if I desire to try out a new activity, that may require that I research it, commit to it, sign up for it to try it out, etc. In order to get from A to B, something needs to happen, right? This is where we get clarity around what's required of you around the things you desire. (you'll want to answer these questions for each of your desires from above.

1. What do you **DESIRE**?

2. What is **REQUIRED** in order for that to happen?

Where have you been treating the things that you actually REQUIRE as a DESIRE....and (unbeknownst to you) not been treating the 'thing' as if you actually required it of yourself? In other words where have you been NOT taking something as 'seriously' as you would if you truly required it?

Where have you been treating the things that you actually DESIRE as a REQUIRE .... and (unbeknownst to you) instead of treating the 'thing' as something you desired, treated it as if it were a requirement that you didn't live up to? In other words where have you been being way too hard on yourself because you've been treating it like a requirement?



# BODY FREEDOM



How are you currently influencing your body? (the 'good' and the 'bad')

How would you ideally LIKE to influence your body to your greatest ability?

In what ways CAN you influence your body?

In what ways can you NOT influence your body? (what do you have no 'control' over?)

# BODY FREEDOM



Think about your own "Body Bitches" for a moment. Then for each Bitch, I want you to identify the following 2 things:

1. Am I influencing this?
2. Can I influence this?

Bitch #1:

Bitch #2:

Bitch #3::

Bitch #4::

Bitch #5:



# BODY FREEDOM



Brainstorm ideas of all the ways you can connect with yourself or with your body. Remember, it doesn't have to be 'typical exercise' or workouts. Anything that allows you to simply disconnect from your normal life and connect to yourself and your body is all you need.



# BODY FREEDOM



Brainstorm ideas of all the ways you can create RELAXATION in your life. Think about how you can use ALL of your senses to connect to yourself and your body. Movement can (and may) be a part of this, but it's not JUST about movement. Think about music & soundtracks, scents & oils, tastes, touch, and other sensory experiences that you can create to connect to yourself, connect to your body, and simply learn (and practice) RELAXing.

# 3 Magic Questions:

## Why Am I Doing This / Choosing This / Spending Time & Energy On This?

★ Is it Because I Need to? Am Required to?

★ Is it Because I Want to? Desire to?

\*\*Becoming aware of when you are forcing or persuading yourself to do things because you think you "should" or are "supposed to".

## How Do I Want To Feel? (before, during, after)

★ Will this make me feel Good/Positive/Happy?

★ Will this make me feel Bad/Negative/Unhappy?

\*\*Coming from a place of how you want to FEEL...and then moving in the direction that would bring you closer to THAT

## What Am I Doing / Choosing / Spending Time & Energy On?

★ Is this friendly to my Nervous System? Does it make me feel relaxed, at ease, connected to myself and in a state of PLAY?

★ Do I like it? Does it make me feel good?

\*\*Focusing on being mindful of choosing activities that serve you, connect you to yourself, and in the direction of what your brain considers it to be 'healthy'



# Eat, Play, Love, & Live Pillars To Body Freedom

(The What, The Why, The How)

- ★ **WHAT:** What are you doing? What movement or play are you choosing? Do you like it? Does your body feel good while it's doing it, and will it leave you feeling better at the end than when you started? Does it make you feel good? Does it [serve you/nourish you/feed your body]? No way of playing is 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of WHAT you are feeding your body.
- ★ **WHY:** Why are you moving? Is it because you desire it and want to? Or is it because you feel required to do it, and you're forcing or convincing yourself to get it done? Neither one is 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of WHY you are feeding your body.
- ★ **HOW:** How are you moving? Are you feeling stressed, annoyed, self-conscious, frustrated, bored, or comparing yourself to someone or something else before, during, or after you move (and in turn causing a cascade of stress hormones while you go)? Is how you are moving stressing you out, causing you pain, or costing you lots of time and energy? How you are feeling before, during, or after you move isn't 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of HOW you are feeding your body.

# Eat, Play, Love, & Live

## Permission Slips To PLAY!

### I Give Myself Permission To PLAY!

- ★ I give myself permission to meet myself and my body where I am and let myself just be there.
- ★ I give myself permission to go out and learn what it takes to feel comfortable in my own skin -- to embody my body like my partner and crime.
- ★ I give myself permission to be free of judgement or criticism
- ★ I give myself permission to be free of comparison to my former self, my future self, or anyone else.
- ★ I give myself permission to be free of obligation or punishment.
- ★ I give myself permission to be from keeping up with or measuring up to any one or any blueprint.
- ★ I give myself permission to give my body whatever it needs that day.
- ★ I give myself permission to stop thinking about doing more or working harder and to start working smarter.
- ★ I give myself permission to be a student, a beginner, an amateur, and imperfect.
- ★ I give myself permission to be a woman who's there purely to have fun and enjoy each moment of the experience -- the epitome of "dance like nobody's watching".