



RECONNECTING WITH YOUR BODY

Your body is your home for your entire life. From birth to death, it's your constant companion.

And yet, sometimes we don't feel comfortable in our own bodies. Maybe right now you feel tired, stiff, achey, weak from an illness or injury, disconnected, numb, or just vaguely "not so good."

No matter what's going on, it's never too late to reconnect with your body, make small changes, and start feeling better.

What are some changes you'd like to make?

What would feel good?

Starting on the next page, you'll see a list of questions to consider.

As you answer these questions, try to focus on changes that you can realistically make immediately—*today*—with the resources (time, energy, money, supplies, childcare, community support) that you currently have.

Also, remember that this work is all about *upgrading your quality of life*. The goal is to add more pleasure, add more beauty, add more energy, add more experiences that feel amazing. It's all about *adding* and *upgrading*, not depriving and restricting.

QUESTIONS

Write answers in your journal. Or discuss aloud with a friend. Or chat around the dinner table with your family.

1. Moving your body can (and should) feel good. Exercise can feel like a celebration of life, a reward, a gift to your body. It shouldn't feel like a tedious, painful chore. What's one way of moving/exercising that would feel really good?
2. What's another way of moving/exercising that might feel good?
3. What's something tiny (tiny purchase, tiny lifestyle change, tiny habit) that would help you feel *energized*?
4. What's something tiny (tiny purchase, tiny lifestyle change, tiny habit) that would help you feel *strong and powerful*?
5. What's something tiny (tiny purchase, tiny lifestyle change, tiny habit) that would help you feel *confident*?
6. What's one way you could add more *pleasure* into your day?

Pleasure is really good for your health! When you enjoy a pleasurable experience, your stress levels (cortisol) drop, your energy levels and mood-boosting neurotransmitters (dopamine) go up, your metabolism and digestion function more optimally, and your whole body just feels better.

Pleasure can come from many different sources—nature (watching a beautiful sunset), music (listening to your favorite song), fragrances

(candles, perfume, incense), rest (quiet time to relax), and sex (yeaaaaah!)
—to name a few.

Oftentimes, we automatically reach for food whenever we're craving pleasure—which is okay! Food is pleasurable, for sure. But it's not the only option. There are lots of other ways to infuse more pleasure into your day. My friend Susan Hyatt has some great lists of pleasure ideas on her blog—[here](#) and [here](#).

7. Who can help you stay on track? Is there a coach, instructor, friend, family member, workout buddy, walking partner, online community—or someone else you could connect with regularly for support?

OTHER IDEAS

Any other ideas? What are some other ways you could take better care of yourself, give your body more attention, and feel even better?

YOUR DAILY NON-NEGOTIABLE LIST

Many health specialists (including eating psychology and nutrition expert [Elise Museles](#) and fitness entrepreneur [Andrea Isabelle Lucas](#)) recommend making a **Daily Non-Negotiable List**.

Your Daily Non-Negotiable List is a list of very tiny things that you pledge to do every day, no matter what. Even if you're tired. Even if you're busy. Even if it's raining. Even if there's hectic traffic on the freeway. Even if [insert scenario here].

Your list includes small items (easy and quick to accomplish) that help you feel strong, powerful, confident, attractive, healthy, and energized.

For example:

1. Drink a big glass of water right after waking up.
2. Put on sunscreen and lip balm before leaving the house.
3. At some point in the day, eat some type of vegetable.
4. At some point in the day, eat some type of protein.
5. At some point in the day, step outside into the fresh air and take three big calming breaths.

When you complete your Daily Non-Negotiable List, you're covering the basics. You're doing the bare minimum requirements for self-care—and some days, that's all you can realistically do! That's okay!

By doing your Daily Non-Negotiable List, you're ensuring that you will feel "pretty good" (or at least "good enough") every day.

Of course, if you accomplish everything on your Daily Non-Negotiable List—and you want to keep going and do even more—great! Go above and beyond. Do a bonus workout. Get a massage. Go for a hike. Swim. Stretch. See a therapist. Write in a gratitude journal. Whatever feels good.

But even if you do your Daily Non-Negotiable List—and *nothing else*—that’s totally okay. You’re covering the basics. You’re doing a great job.

What’s on your Daily Non-Negotiable List? Write down 3-10 tiny items.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

BODY, MIND, AND WELLNESS RESOURCES TO CHECK OUT

A couple of my favorite resources, in no particular order...

Bare for Women

<https://letsgetbare.com/>

Bare is an amazing online community founded by my dear friend Susan Hyatt. Free podcast. Awesome book. Plus a paid membership site (Bare Daily) where you can get personalized health coaching and support.

Learn how to take excellent care of your body, treat yourself like a queen, and feel unstoppably confident. You only get one body. Give it love.

(Check out Bare for Women—and Bold for Girls, a new program especially for teenage girls.)

Health At Every Size

<https://haescommunity.com/>

Many people believe that “losing weight” and “getting skinny” means you’re getting healthier, but this isn’t necessarily true. There are plenty of skinny people who lead sedentary, unhealthy lives—and there are soft/curvy/chubby/voluptuous people who run marathons, climb mountains, and compete in long-distance ocean swimming races!

Research shows that “good health” has a great deal to do with your mindset, lifestyle, sleep habits, stress levels, and fitness/activity level, and very little to do with your weight on the scale. It’s possible to be healthy—and live a long, happy life—at almost every size.

HAES is a great resource for anyone who's interested in health, self-care, and being kinder to your body.

Kim Anami

<https://kimanami.com/>

She's one of the top sex educators on the planet—and she's on a mission to help you reconnect with your body and have more sex. A lot more sex. Gourmet sex, not unsatisfying junk food sex. Sex with a partner—or by yourself! Because great sex is part of a healthy, vibrant, flourishing life.

Head to Kim's website for tons of free videos, free podcast episodes (her show is called *Orgasmic Enlightenment*), articles, a beautiful product collection, educational courses for men, women, and couples, and more.

Well + Good

<https://wellandgood.com/>

There are very few websites that I visit regularly these days. *Well + Good* is one of them! I love their fitness tips and beautiful recipes and photos. When I need some cooking/meal inspiration, I scroll through their [Good Food](#) section and I always get fresh ideas.

Buti Yoga

<https://butiyoga.com/>

Buti Yoga is a combination of yoga + primal movement + cardio bursts + strength training + dance inspired by a variety of cultures. It's an amazing workout for all genders. I'm obsessed! If you feel a little bored with your usual yoga or fitness routine—and want to shake things up—check it out. They've got classes worldwide and online videos too.

Curvy Yoga

<https://curvyyoga.com/>

Yoga for every body—every size, shape, age, and ability. Founded by my friend Anna Guest-Jelley, a seasoned yoga instructor and leader in the body-positivity movement. They've got lots of online videos so you can follow along at home. A beautiful way to extend more kindness and gentleness to your body.

Yoga Centered

<https://yogacentered.com/>

My favorite studio on the Big Island of Hawaii. Over 35 classes per week in a wide variety of styles—from vigorous HIIT fitness classes and barre to gentle yoga, meditation, and everything in between. Don't live in Hawaii? They've got online classes, too!

Founder Molly Masaoka (<http://mollymasaoka.com/>) is a dear friend, a badass yogi and surfer, and one of the most inspiring women. Ever.

If you're craving a yoga retreat with tons of self-care, beach time, salty mermaid hair, and ocean vibes, Molly is your gal. Definitely check out the schedule of classes, workshops, and retreats at Yoga Centered.

Mantras in Motion: Manifesting What You Want Through Mindful Movement

By Erin Stutland

<https://erinstutland.com/book/>

Erin's motto is: *"Movement in your body creates movement in your life."* I love how she combines physical movements with short, positive phrases

that you say aloud. Move your body while declaring what you want. If you're feeling shy, you can do the routines at home—alone—in privacy!

Eat Your Feelings: The Food Mood Girl's Guide to Transforming Your Emotional Eating

By Lindsey Smith

[Available on Amazon and everywhere books are sold.](#)

Feeling sad, stressed, tired, hangry (that's "so hungry you're angry") or bored? Lindsey shows you how to make smart food choices to improve your mood. Use food as healing medicine to shift your emotional state. Learn how to eat mindfully and avoid over-stuffing yourself, too—because that never feels good! Lots of delicious, nourishing recipes (mostly vegetarian/plant-based) and adorable illustrations. Like dancing avocados. So cute.

The Checklist Book: Set Realistic Goals, Celebrate Tiny Wins, Reduce Stress and Overwhelm, and Feel Calmer Every Day

By Alexandra Franzen

[Available on Amazon and everywhere books are sold.](#)

One of my books. Available in paperback and Kindle.

Simplicity is beautiful. Tiny steps lead to big things. To upgrade your health and feel better, start with a very simple plan—and a very simple checklist of things to do.

The Checklist Book is full of checklist guidance and fill-in-the-blank templates to help you out.

THANKS FOR DOWNLOADING THIS WORKSHEET!

This is a free worksheet. Enjoy. Share it with friends, family, and students.

If you'd like to publish this worksheet in a book, magazine, on a website, or any other platform—or if you'd like to use this worksheet in a commercial/for-profit context (with clients, customers, etc.) please email hello@alexandrafranzen.com to request permission first. Thank you.

ABOUT ALEXANDRA

[Alexandra Franzen](#) is a writer and entrepreneur based in Hawaii.

Her writing has been published in places like *Time*, *Forbes*, *Newsweek*, *The Huffington Post*, and *Lifehacker*. She's been mentioned in places like *The New York Times Small Business Blog*, *The Atlantic*, *The Los Angeles Times*, and *Inc.*

She's the author of several books, including [The Checklist Book](#), [You're Going to Survive](#), and [So This Is the End: A Love Story](#).

She teaches classes on writing, communication, creative marketing, productivity, setting intentions and goals, and simplifying life and work. She has led classes in 18 cities around the world—and online, too.

Free newsletter with inspiring true stories, music playlists, and more:
<http://www.alexandrafranzen.com/newsletter/>

Free worksheets, checklists, and other cool things:
<http://www.alexandrafranzen.com/free-stuff/>