



MIRROR SHEET — YOUR CURRENT BODY VS YOUR DESIRED BODY



BEFORE

Weight :

Waist measurement :

Morning energy (0-10)

Digestion (0/10)

Confidence in my body (0/10)

Posture (0-10)

Clothing experience (0-10)

One word to describe my body :

One word to describe my physical
future

AFTER

Weight :

Waist measurement :

Morning energy (0-10)

Digestion (0/10)

Confidence in my body (0/10)

Posture (0-10)

Clothing experience (0-10)

One word to describe my body :

One word to describe my physical
future

PART 2 — REFLECT AND RESET

1. If your body could speak right now, what would it say to you?

 Let it speak. Don't filter.

2. Visualize a normal day in your future body.

What do you eat, how do you move, how do you feel in your clothes, in your skin, in your mind?

 **Final prompt:**

"What have I learned about my body that I didn't know before?"