



My Body is My Temple – Day 28

Conscious Body Inventory

<i>What I like about my body or what I am grateful for.</i>	<i>What I'd like to change about my body.</i>	<i>What is best for my body.</i>

Determine one thing you'd like to do to improve the health of your body.

One thing I'd like to change in the next 10 days is _____.

In the next 30 days I'd like to _____.

A 3-month goal for me is _____.

A 6-month goal for me is _____.

By the time 12 months have passed I will _____.