

Personal Visioning WorkSheet

What is my Vision of Body Sovereignty?

A person who is Body Sovereign..

...relates to their body by: _____

...takes care of their physical needs by: _____

...takes care of their emotional needs by: _____

...pays attention to: _____

What are the actions, activities, attitudes that move me closer to realizing my vision of Body Sovereignty?	What are the actions, activities, attitudes that distance me from realizing my vision of Body Sovereignty?

What are three actions I can take to begin manifest my vision of Body Sovereignty?

○ _____

○ _____

○ _____