

Reflective Worksheet

Body Signals Self-Audit

Name: _____

Date: _____

How is your body today?:

Use this page to notice what your body has been telling you beneath the surface. **Write honestly, not performatively.**

1. When did I last feel genuinely well-rested?

2. What does my body signal when it needs rest versus when I am simply avoiding something?

3. Where in my body do I notice stress first?

4. What movement actually makes me feel good versus what I think I should do?

5. What does genuine hunger feel like, versus emotional hunger?

Body literacy begins when you stop overriding what your body already knows.