

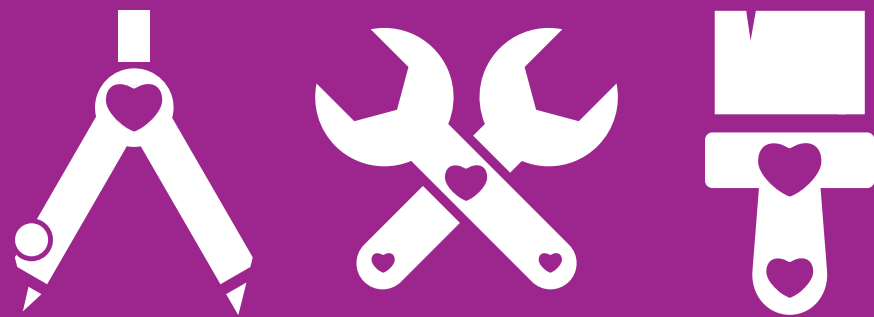
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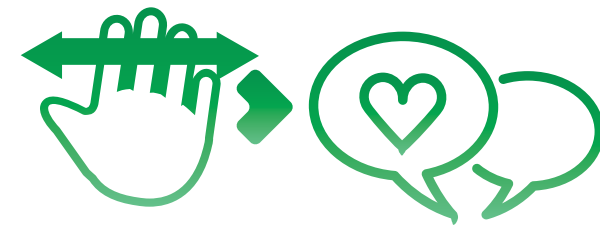
GRATITUDE, SELF-WORTH AND TRUST BUILDING EXERCISE

This is my foot, it belongs to me
 I trust my foot to move me forward in life and to be a stable foundation for me, without me having to focus on it
 Thank you foot for all you do for me
 I love you
 This is my beautiful, stable foot

1

Using part one of the boundary setting exercise as a base, you can adjust the statements convert this into a gratitude, self-worth and trust building exercise

There's no need to to rub the body part vigorously this time, gently stroking the area while you make the statement will be enough



This is my leg, it belongs to me
 I trust my leg to carry me on my journey and to know the way without me having to focus on it
 Thank you leg for all you do for me
 I love you
 This is my beautiful, strong leg

2

This is my hip, it belongs to me
 I trust my hip to give me flexibility when I need it, without me having to focus on it
 Thank you hip for all you do for me
 I love you
 This is my beautiful, flexible hip

3

This is my buttock it belongs to me
 I trust my buttock to sit with me without complaining and to support me, without me having to focus on it
 Thank you buttock for all you do for me
 I love you
 This is my beautiful, supportive buttock

4

This is my hand, it belongs to me
 I trust my hand to be dexterous and flexible when I need it, without me having to focus on it
 Thank you hand for all you do for me
 I love you
 This is my beautiful, dextrous hand

5

This is my arm, it belongs to me
 I trust my arm to help me embrace all of life, without me having to focus on it
 Thank you arm for all you do for me
 I love you
 This is my beautiful, embracing arm

6

This is my shoulder, it belongs to me
 I trust my shoulder to carry the burden of responsibility for me, without me having to focus on it
 Thank you shoulder for all you do for me
 I love you
 This is my beautiful, responsible shoulder

7

This is my heart, it belongs to me
 I trust my heart to carry my emotional and magnetic charge, to power my very life, without me having to focus on it
 Thank you heart for all you do for me
 I love you my beautiful, powerful, magnetic, loving heart

8

This is my stomach, it belongs to me
 I trust my stomach to digest life for me and to help my body draw nutrition from food, without me having to focus on it
 As a mother, this stomach held and gave new life, without me having to focus on it
 Thank you stomach for all you do for me
 I love you
 This is my beautiful, nourishing, life-giving stomach

9



This is my head & brain, they belong to me
 I trust my head & brain to to make a hundred billion tiny decisions that keep me alive every day, without me having to focus on it
 Thank you head & brain for all you do
 I love you my beautiful, efficient head & brain

10

This is my face, it belongs to me
 I trust my face to portray me to the world, to display a magnitude of emotions every day, without me having to focus on it
 Thank you face for all you do for me
 I love you
 This is my beautiful, defining face

11

These are my eyes, they belong to me
 I trust my eyes to see in light and dim conditions, to be a verifier of my truth, without me having to focus on it
 Thank you eyes for all you do for me
 I love you
 These are my beautiful, all-seeing eyes

12

This is my nose, it belongs to me
 I trust my nose to discern a huge range of smells and breath lifegiving oxygen while keeping germs out, without me having to focus on it
 Thank you nose for all you do for me
 I love you my beautiful, adaptable nose

13



These are my ears, they belong to me
I trust my ears to hear an incredible range of sounds and enjoy the lifegiving pleasure of music, without me having to focus on it
Thank you ears for all you do for me
I love you
These are my beautiful, musical ears

14

This is my throat, it belongs to me
I trust my throat to help me communicate myself clearly and to swallow the joy and sweetness life lays out before me, without me having to focus on it
Thank you throat for all you do for me
I love you my beautiful, eloquent throat

16

This is my neck, it belongs to me
I trust my neck to be strong and supportive, to carry the full weight of my head, while still being flexible and limber, without me having to focus on it
Thank you neck for all you do for me
I love you
This is my beautiful, supportive neck

17

This is my arm, it belongs to me
I trust my arm to help me soar and fly, achieving my passions and desires and dreams, without me having to focus on it
Thank you arm for all you do for me
I love you
This is my beautiful, soaring arm

19

These are my mouth and tongue, they belong to me
I trust my my mouth and tongue to help me taste life's sweetness and enjoy the contrast of fiery, savoury and salty moments, without me having to focus on it
Thank you mouth and tongue for all you do for me
I love you
These are my beautiful, tasteful mouth and tongue

15

This is my shoulder, it belongs to me
I trust my shoulder to help me shoulder down and do what i need to do to make my life happen, without me having to focus on it
Thank you shoulder for all you do for me
I love you
This is my beautiful, responsible shoulder

18

This is my hand, it belongs to me
I trust my hand to perform the most detailed of tasks and show exceptional sensitivity, executing the most magnificent pieces of creation and art, without me having to focus on it
Thank you hand for all you do for me
I love you
This is my beautiful, sensitive, artistic hand

20



This is my buttock, it belongs to me
I trust my buttock to be soft and yielding when i sit and strong and firm when i run or stand, without me having to focus on it
Thank you buttock for all you do for me
I love you this is my beautiful, adaptable buttock

21

This is my hip, it belongs to me
I trust my hip to give me the strength and flexibility to run, exercise and dance, without me having to focus on it
Thank you hip for all you do for me
I love you
This is my beautiful, dancing hip

23

This is my leg, it belongs to me
I trust my leg to help me move through life without me having to focus on it
Thank you leg for all you do for me
I love you
This is my beautiful, lithe leg

24

I am a beautiful, infinite, creative, expansive soul, enjoying and appreciating the wonders and marvels of the body I inhabit for this lifetime
This is my body, it belongs to me. I trust my body to be the vessel for my soul, to allow me to fully experience life and love on every level, without me having to focus on it
Thank you body for all you do for me
I love you
This is my beautiful, marvelous body

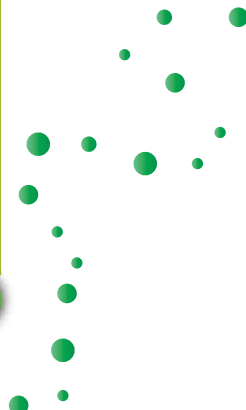
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This is my back and spine, they belong to me
I trust my back and spine to support me everyday and be the major neural highway for my entire body, without me having to focus on it
Thank you back and spine for all you do for me
I love you my beautiful, supportive back and spine

22

This is my foot, it belongs to me
I trust my foot to fill the shoes of the person I have chosen to be in this lifetime, without me having to focus on it
Thank you foot for all you do for me
I love you
This is my beautiful, worthy foot

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categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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Forgiveness
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