

Set Your Intentions

Disconnect Worksheet

INSTRUCTIONS: Write down your current body size and condition. Write 3-4 positive things and 4-6 negative things you've experienced. Then tear this up to symbolically disconnect from the old you and create space for the new you to arrive.

MY CURRENT STATISTICS:

Current weight: _____

Current clothing size: _____

Shirt Size:

XS S M L XL XXL XXXL 1X 2X 3X or more

Inches:

Waist: _____	Neck: _____
Hips: _____	Rt Thigh: _____
Arms: _____	Lf Thigh: _____
Chest: _____	Calves: _____

3-4 positive things I've experienced from being in my current size and condition:

4-6 negative things I've experienced from being in my current size and condition:



Once you've completed this page, pause, visualize yourself as the new YOU, then tear this up and throw it away. This act symbolically releases the old you and creates space for the new you to arrive.