

WORKBOOK

BODY NEUTRALITY

our monthly audit, reflection and
period for aligned action

OVIE.IO

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Understanding where we are on the body neutrality scale.

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BODY NEUTRALITY

Broken down by Sophia Dawson, Ovie Psychologist.

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Acceptance and compassion are necessary for body neutrality.

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COMMITTED & ALIGNED ACTION

Your plan to move towards more body neutrality.

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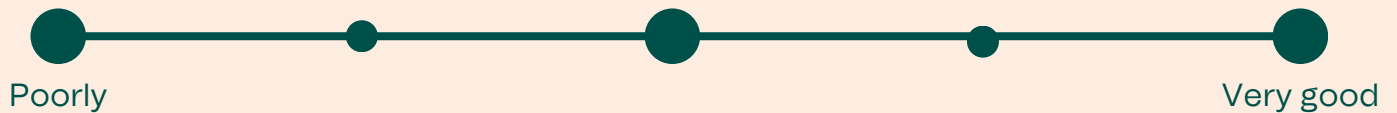
REFLECTION

Space for reflection on self learnings, or free journalling space to use as you wish.

OVIE

TAKING INVENTORY

HOW DO YOU FEEL ABOUT YOUR BODY TODAY?



ARE YOUR THOUGHTS ABOUT YOUR BODY CONSISTENT?
DO THEY EBB AND FLOW?

WHAT JUDGMENTS DO YOU PLACE ON YOURSELF AND
YOUR BODY?

WOULD YOU PLACE THESE SAME JUDGMENTS ON A BEST
FRIEND? IF NOT, WHY DO THEY FEEL TRUE TO YOU?

OVIE

BODY NEUTRALITY

It is not easy to get to a place of accepting our body as it is.

Have you ever had a thought similar to:

"Why me?"

"Why can all my friends eat whatever they want and not gain weight, but I have to be SO careful?"

"Why is everyone getting pregnant around me so easily and I have been trying to conceive for years?"

This all starts with comparison.

And it's a really normal process that our mind does, historically it was another survival mechanism of our brain. But there's a point where this comparison becomes unhelpful, as comparing doesn't do anything to help or solve the concern or problem.

Not only are these thoughts unhelpful, they're also painful. The human condition is that we will often try to get rid of those thoughts and feelings, but it's really important that we can notice them, make room for them and meet them with compassion.



OVIE

BODY NEUTRALITY

Acceptance for the things we can not change.

Compassion towards ourselves.

These are two principles that are so important on a journey towards body neutrality.

Turn your attention towards the helpful thoughts. Focus on the incredible things your body can do for you, and the towards moves you can make in the direction of managing your PCOS.



OVIE

CLARE & SOPHIA ON BODY NEUTRALITY

Clare & Sophia sit down to begin to unpack negative thoughts and feelings towards our body, and how we can work towards body neutrality.

[WATCH HERE](#)

OVIE

BUILDING COMPASSION

LIST SOMETHING YOU APPRECIATE ABOUT YOUR BODY

DESCRIBE 3 AMAZING EXPERIENCES YOU'VE HAD
BECAUSE OF YOUR BODY

HOW DOES YOUR BODY SUPPORT YOU? WHAT DOES IT
ALLOW YOU TO DO?

WHAT PART OF YOUR BODY IS THE STRONGEST? WRITE
ABOUT ALL IT DOES FOR YOU

OVIE

BUILDING COMPASSION

WRITE A LETTER TO YOUR BODY ASKING FOR FORGIVENESS FOR THE NEGATIVE THOUGHTS AND PROMISING A BETTER FUTURE.

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OVIE

ALIGNED ACTION

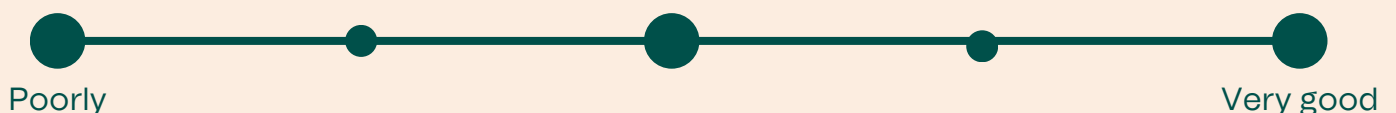
This is where you can begin to craft your game plan for change you're going to make in this area of body neutrality.

HOW CAN YOU HONOR YOUR BODY FROM THIS DAY FORWARD?

HOW CAN YOU RELIEVE ANY NEGATIVE THOUGHTS WHEN YOU FEEL THEM? WHAT ARE YOUR COPING MECHANISMS?

WHAT FREEDOMS WILL ACCEPTING YOUR BODY GRANT YOU?

HOW DO YOU FEEL ABOUT YOUR PLAN TO MOVE FORWARD WITH BODY NEUTRALITY?



OVIE - REFLECTION

FREE JOURNALLING

USE THIS PAGE TO EXPAND MORE ON YOUR THOUGHTS

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OVIE - REFLECTION

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OVIE

NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

TRY OVIE
COACHING

