



# PLAN TO FEEL GREAT!

## WORKSHEET

### EPISODE 5 Worksheet

Love Yourself Healthy | 3 Simple Steps to Improve Your Health and Lose Weight!

3 Things that my body does really well:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 Physical traits that I like about my body are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 Ways that I'm going to love my body every day this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Bonus:** Join Dr. Lauren Crigler's Smoothie Challenge Group on Facebook!  
@DrLaurenCrigler on Facebook and on Instagram

WWW.DRLAURENCRIGLER.COM  
SUBSCRIBE ON ITUNES | GOOGLE PLAY | STITCHER

© 2019 DR. LAUREN CRIGLER