

Blessing for the Body Worksheet

Think of a part of your body that you use every day. Maybe every hour or every minute. When last have you thanked this part of yourself? Have you ever?

Use this worksheet to fill in your own blessings for your body.

I would like to thank my... _____ for...

Thank you... _____ for...

Thank you... _____ for...

Thank you... _____ for...

Thank you... _____ for...

Thank you... _____ for...

Thank you... _____ for...

Thank you... _____ for...

If, while thanking your body, you come across a part that has been neglected – try to give this part of your body a bit more attention in the following days. Be kind to that part of yourself. Thank it often.
Your body loves to be thanked!