

Body Image and Aging: Gentle Acceptance Worksheet

This worksheet is designed to help you reflect on your relationship with your body and practice gentle acceptance as you move through the natural process of aging.

Reflection Prompts

- What is one way your body has supported you today?
- How do you speak to yourself when you notice changes in your appearance?
- Which comparison feels hardest to let go of — to your younger self or to others?

Gentle Practices

- Write down three affirmations that honor your body as it is right now.
- Choose one joyful movement (like walking, dancing, or stretching) and note how it makes you feel.
- At night, list three things your body allowed you to experience today.

Redefining Beauty

- Describe what beauty means to you at this stage of life.
- List three qualities you admire in yourself that have nothing to do with appearance.
- Write a short note to your body thanking it for carrying you through your experiences.