

# ***Your Good Body Discussion Questions***

## **Chapter 1**

How would your life and attitude change if you could believe that you are enough—not after some self-improvement projects, but now, just as you are? What would help you believe this?

## **Chapter 2**

What are some scars from your past that have contributed to the person you are today? What has pursuing perfection cost you?

## **Chapter 3**

What would it look like if your drive for better health was based on overall wellness and loving your body, rather than being driven by pressure to lose weight? In what ways would the journey be more enjoyable if the starting point was love and not hate?

## **Chapter 4**

What hang-ups do you have about your body when it comes to sex and romance? How has your view of your body affected your relationships over the years? Or, if you've not found that special someone yet, how does your view of your body affect the way you feel about your intimate relationship with your future spouse?

## **Chapter 5**

What role does comparison play in your life? How has comparison negatively affected your view of yourself?

## **Chapter 6**

How do you view the scale? How might your “happy weight” actually be quite different than the number you had in mind as a “goal weight”?

## **Chapter 7**

What past experiences have affected your view of exercise? How could thinking about movement rather than exercise change your perspective?

## **Chapter 8**

Consider your relationship with food. How did events in your childhood shape some of your thought patterns about food? How could your relationship with food change if you walked toward food freedom and intuitive eating instead of restrictive dieting?

## **Chapter 9**

As you look back on your life, where have you felt stuck in the middle? What are some things you have learned from your time in the middle? How can you begin to appreciate the middle and lean into the benefits of actually enjoying it?

## **Chapter 10**

What would it take to look at yourself in the mirror with love instead of disgust? How could you change the lens through which you see yourself?

**Chapter 11**

What holds you back from loving yourself? What is the biggest obstacle you face? How could a healthy self-love change the way you react to those around you?

**Chapter 12**

What would the world around you look like through lenses of love? How can you love yourself while still working toward goals in your health journey? Where do you find tension between those two ideas?