



Dear Body,

Sometimes I feel frustrated when _____.

I am proud of you when _____.

My favorite thing to do with you is _____.

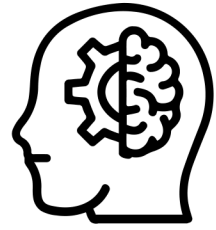
I would like to work on _____.

I will take care of you by _____.

I accept you because you are my body and I am your person.

Love,

Dear Mind,



Sometimes I feel frustrated when _____.

I am proud of you when _____.

My favorite thing to do with you is _____.

I would like to work on _____.

I will take care of you by _____.

I accept you because you are my mind and I am your person.

Love,