



SIDE BY SIDE NUTRITION

# **BODY IMAGE JOURNAL**

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MAGIC WAND  
ACTIVITY

Date:     /     /

S M T W T F S

## OBJECTIVE:

The objective of this activity is to help you to raise awareness around your thoughts and beliefs around the promise of having your “ideal body.”

\*Trigger warning for those with gender dysphoria\*



## IMAGINE:

I want you to imagine that you have a magic wand. With this magic wand, you can simply wave it and have the body that you want. you can have that ideal body that you dream of and/or strive for. With this magic wand, you would not only have your ideal body but you would also keep this ideal body forever. It would not change. Take a few moments to sit with us and envision it.

## REFLECT:

What would your life be like? What would be different? How would you live differently? How would you feel differently? Would you treat your body differently knowing that your ideal body would remain the same? Would you move, eat, and take care of your body differently? Are there certain activities that you currently do not do that you would start doing in that body? How would your relationships change? How would your career life change? How would you dress your body? Would your daily activities and your life goals stay the same?

Let your mind drift and fantasize and write down all that comes to mind. Write out everything about your magic wand fantasy.

A large, empty, light beige rectangular box intended for writing the user's magic wand fantasy.A second large, empty, light beige rectangular box intended for writing the user's magic wand fantasy.