

- **identify habits and patterns in your body, health and life**
- **create more positive, empowering habits and patterns that have you feeling far happier, healthier, confident and more successful...**

Do things in your life keep repeating themselves?

Do you wonder why you continue doing things that you wish you could stop?

Do you want to get to the core of your present health and happiness issues?

Do things from your past keep stopping you from moving ahead more positively?

Are you trying to do things differently but not very successfully?

Do you notice family and generational patterns that you don't wish to pass on?

You may not be aware of your habits and patterns which are underlying and influencing your present circumstances – whether you are feeling unwell, un-energised, unconfident, low in motivation and mood or dealing with a health issue. You may also wonder why you are like what you are and you may want to change something about that.

Once you become aware of your conscious and subconscious patterns and habits – whether constructive or destructive - you can do something about them - either change them or keep adding them to your repertoire!

Some patterns could be family related, generational, cyclical, seasonal, geographical, lifestyle related, emotional, spiritual, climate related, stress or grief related, financial or attitudinal, for example.

If you stay unaware, the “same old, same old” patterns and results will probably keep occurring and that can keep showing up in your health, relationships, self esteem, intimacy, success...or somewhere in your life.

I am Janelle Fletcher – speaker, workshop leader, mentor, healer and writer – and I have created this resource for you to help you **transform you, your body, your health and your life**. It is a great first step and I can ongoing support you with my other services and resources available at [www.janellefletcher.com](http://www.janellefletcher.com) You are very welcome to send this resource to your friends and the people you care about!

So if you want to start breaking some of those patterns NOW and get better results in your life, let's get started!

*Janelle*

# BODY BIOgraphy

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**Consider your life today. Rate the following aspects for yourself using a 1-10 scale. 1 = very poor 10 = great Write the number (between 1 and 10) beside each heading.**

**You may also want to write one or two sentences or key words under each heading so you get a good honest picture of how your health and your life is looking NOW.**

- Physical health
- Energy levels
- Exercise
- Nutrition / diet
- Sleep
- Appearance
- Emotions / mood
- Thoughts / mind
- Ability to cope with stress
- Education / learning
- Finances
- Spirituality
- Social network
- Relationship(s)
- Family / community / parenting
- Leisure / relaxation

- Creativity
- Sexuality / intimacy
- Reproductive / cyclical health
- Work /role /responsibility
- Living environment
- Communication

**What connection do you see between any of those aspects of your life – that you may or may not have noticed or considered before? eg1. When you are happy in your work, you feel less stressed and more able to be a better parent and partner. eg2. When you feel anxious and stressed, your period arrives late or you get more severe premenstrual tension. eg3. When you exercise regularly, you get better sleep and that leaves you in a better mood.**

**What specific health or body concerns are you presently experiencing?**

**What areas of your life in particular would you look to have some kind of change or improvement in?**

- Using the body biography grid provided on the final page of this resource, divide your current age into intervals of 7 years. ie. 0-7 years, 7-14, 14-21 etc till the age you are now. Note that there is a small overlap of ages.
- Using the list of significant events on the next page as a guide, **record YOUR significant life events and note at what age, or in what period of time, those significant events occurred.** Be as specific as you can and feel free to add you own.

Alternatively you may want to use separate pages on a notepad or journal and write more fully about your significant life events for each of those time spans. ie. one page for each of the 7 year age spans. Others of you may want to draw, use symbols or use other ways of recording these events.

- Alongside those significant events you have recorded, **add any memories, feelings and emotions that arise – either ones that are evoked NOW or at the time of the event.** Those memories and emotions may be related to a certain event, a specific age or may relate to a period of time.
- Once you have completed this, **sit quietly and reflect on what the common patterns and themes are for you.** Do this in quietness and see what arises.
- **For extra help with this, see the attached list** and make a note of your common patterns and themes.
- **Reflect on the follow-up questions and write down your observations.**

# BODY BIOgraphy

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<b><u>Significant events:</u></b>	Boyfriends / Girlfriends	Friendships
First period	Relationships	Additions to family
Puberty changes	Marriage / Partnership	Family conflict
Development delays	First sexual encounter	Addictions
Changes in menstruation	Intense sexual activity	Hospitalisation
Pregnancies	High / low libido	Postnatal depression
Abortion	Cosmetic surgery	Own birth experience
Adoption	Cycle irregularity	In utero experience (own)
Miscarriages	Menopause “signs”	Birth(s) of own babies
Stillbirths	Treatments eg chemo	Caesarian
Adoption	Medications	Children
Abuse	Times of high intuition	Empty nest
Rape	Aches and pains	Disability
Emotional ups and downs	Exercise habits	Disfigurement
Depression	Laxative use	Separation
Eating changes	Supplement use	Divorce
Anorexia	Drugs / substance (ab)use	Affairs
Bulimia	Smoking habits	Sexual experiences
Weight gains / losses	Drinking habits	Sexual orientation
Diets	Suicidal intent / attempts	Religious experience
Growth spurts	Mental illness	Spiritual experience
Surgery	Stress	Trauma
Accidents	Harmful thoughts	Relocation
Illness(es)	Self harm	Death
Comfort around body	Sleeping habits	Add your own

## **What patterns and common themes do you notice?**

Sit quietly reflecting on your body biography and your life. What common threads do you notice? Some of the patterns may be...

- Physical
- Cyclical
- Menstrual
- Seasonal
- Emotional
- Relational
- Sexual
- Social
- Attitudinal
- Spiritual
- Family
- Generational
- Energetic
- Climate related
- Financial
- Geographical
- Medication related
- Substance related
- Diet and exercise related
- Grief / loss / trauma
- Stress
- Thoughts / belief related
- Other(s)

## **The main patterns and themes I notice are:**

- \*
- \*
- \*
- \*
- \*
- \*

## At what ages / stages / transitions/ periods of time

- did you feel your very best / very worst?
- were you the happiest / most depressed?
- were you most comfortable / least comfortable about your body?
- did others appreciate / not love and appreciate your body?
- did you have very strong, fixed beliefs about yourself & your body?
- was fear / guilt / anger / other emotions a big factor for you?

## Consider your “family”

- family of birth – ie. your parents, brothers and sister
- your extended family – grandparents, aunts, uncles etc
- your family – ie. children, partner, grandchildren
- your adopted family (if you have one)
- blended family members and/or step family members
- key caregivers in your life

If you don't know much about your family, start finding out what you can and you will start to notice patterns and themes that may start to be of interest and relevance to you and your situation.

## What patterns do you notice in your “family”?

## What family patterns do you wish to change?

**With the insights you have gained from this body biography, what are some things you can do now to make a big difference in your life?**

- \*
- \*
- \*
- \*
- \*
- \*

## **So what can you do now?**

- go to [www.janellefletcher.com](http://www.janellefletcher.com) and check out Janelle's services and resources
- **on-send** this body biography resource and website details to someone you care about
- get weekly **online motivation and coaching** with Janelle to keep you motivated, inspired and growing in confidence, happiness and health
- request **Janelle to come and speak** to you and your group
- request Janelle to run a **Body Magnificent** or **Growing your greatness** workshop
- get specific, individualised one-on-one **mentoring / healing** with Janelle – available nationally or internationally – in person or on the phone
- read Janelle's Body magnificent **article**
- **email** Janelle at [janelle@janellefletcher.com](mailto:janelle@janellefletcher.com) with your feedback or specific requests

Body Biography grid

## Age 0 - 7

0

1

2

3

4

5

6

7

## Age 7-14

7

8

9

10

11

12

13

14

# BODY BIOgraphy

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Age \_\_\_\_ - \_\_\_\_

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