



Module #7 of 10

**UK Extension's  
Universe of  
Possibilities™**

**TEACHING OUTLINE—ACCEPTING AND LOVING YOUR BODY**

***THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication *Accepting and Loving Your Body*, the seventh of 10 modules in the educational series titled *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*. The other modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study *Accepting and Loving Your Body*.***

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *Do you think most people in our culture truly accept and love their bodies? What messages about our bodies do we receive from television, movies, and other popular forms of media? What role does our culture play in problems such as obesity, anorexia, and bulimia? Are old people beautiful?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to take better care of our precious physical bodies.
- ◆ Go over the section on Page 4 called “Regularly Appreciate Your Body.” Share the physiological benefits that almost immediately flow from a genuine expression of appreciation.
- ◆ Present the idea of “Mirror Talk” on Page 5.
- ◆ Spend time on the important section “Listen to Your Body’s Wisdom” on Page 5. Invite comments, examples, and questions.
- ◆ Making healthy choices is one of the best ways to honor our physical bodies. Draw your group into a discussion of the paragraphs titled “Making Positive Lifestyle Changes” beginning on Page 5. Ask participants for tips they have found useful in getting sufficient rest, eating well, and engaging in regular exercise. What doesn’t work and why?
- ◆ You’ll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ It’s important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It’s always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.