

Guilt-Free Summer Body Reflection Sheet

A gentle weekly companion for moving through summer body anxiety with kindness

guiltfreemind.com · Dr. Shruti Bhattacharya · Updated March 2026

Use this once a day or a few times a week – no pressure. Write whatever surfaces honestly. There are **no wrong answers.**

Column 1: Notice the thought without judgment. Column 2: Offer yourself the same kindness you would give a dear friend. Column 3: Choose one caring act – not to fix, just to be gentle.

Day	Column 1 Triggering Thought <i>"I noticed I was thinking..."</i>	Column 2 Kind Response <i>"A friend might say to me..."</i>	Column 3 One Caring Action <i>"Something gentle I can do..."</i>
Mon Notice the thought without judgment			
Tue Scroll check: any accounts to mute?			
Wed Mirror moment: name one neutral fact			

Day	Column 1 Triggering Thought <i>"I noticed I was thinking..."</i>	Column 2 Kind Response <i>"A friend might say to me..."</i>	Column 3 One Caring Action <i>"Something gentle I can do..."</i>
Thu Body did for you today: walk, create, hug	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Fri Self-compassion break: hand on chest, 60 sec	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Sat Move for how it feels, not how it looks	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Sun One sentence of gratitude to your body	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



After filling this in...

Notice even the smallest shift – not by forcing positivity, but by observing what feels a little lighter. That noticing is enough.

When the inner critic is loud...

Return to Column 2. Ask: what would I say to a friend who felt this way right now? Then say that to yourself.

Come back anytime...

You do not need to wait for a bad day. Use this on good days too – gratitude and kindness are not earned by suffering first.

You are allowed to take up space exactly as you are – this summer, and every one after.

– Dr. Shruti Bhattacharya · guiltfreemind.com