



GENDER & EATING/EXERCISE JOURNEY TOOL

DESIGNED BY TWENTY10 COUNSELLING

Big Struggle 10			
9			
8			
7			
6			
5			
4			
3			
2			
1 On top of it			
	When it started	Now	Where I want to be

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HOW TO USE THIS TOOL:

1. Draw a line in one colour from left to right that represents your eating/exercise behaviours, to chart your journey to now.
2. Draw another line in a different colour from left to the right that represents your gender identity journey.
3. For your eating/exercise behaviours, consider when it was hard to nourish yourself, exercise moderately, or follow guidance from health professionals. What was happening in your life, or your body, that made it hard/easier?
4. For your gender identity, look at points where things were hard. How did you get through them? When things felt manageable what were you doing?
5. Looking at the lines together; is there a relationship between them? Have things been a struggle at the same/different times? Have you felt "on top of it" at the same/different times?
6. Next, chart your journey to where you want to be. What do you need to do to get where you want to be? How can you use what you have learned to guide this journey?