

## **30 Ways to Love Your Body**

1. *We are born with love in our bodies. If you watch an infant, sucking their fingers, rolling around, they don't worry about their "body fat".*
2. *Try to be as in love with your body as the infant is with its.*
3. *Think of your body as a tool. Create a list of all the things you can do with your body.*
4. *Be aware of what your body does each and every day, as the instrument of your life not as an ornament for others.*
5. *Create a list of the people you admire. Did their appearance play a large role in their success and their accomplishments?*
6. *If the people you admire's appearance did not matter to them then why should yours to you?*
7. *Think of your body as a pleasure source. What are some things that you like or admire about a particular body part.*
8. *Do things that will help you to enjoy your body. Choose some things that make you feel special and relaxed, or energized. For example: take a stretch, dance, walk, sing, take a bubble bath, get a massage, or even get a pedicure.*
9. *Act in the way you would if you had the "perfect body".*
10. *Walk with your head held up high, supported with pride and confidence in yourself as a person.*
11. *Don't let the weight of your body determine what you do on a normal day. Do what you enjoy, and have fun at it.*
12. *Wear comfortable clothing that you are not afraid to be in, and that you are not afraid to show to others. Take "fashion risks", try new styles, wear a bathing suit!*
13. *Remember to count your blessings, and not your blemishes.*
14. *How much time do you spend looking at your body in disgust? Just don't do it!*
15. *Did you know that each month your skin replaces itself, every five days your stomach lining, every six weeks your liver, and every month even your skeleton! Your*

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*body is a pretty extraordinary thing. Respect it and appreciate it! You owe it to yourself.*

*16. Become an expert on your body, challenge the authority of the fashion magazines, the cosmetic industry, and the diet industry by allowing your beauty to shine throughout your personality and brighten a new day.*

*17. Be one of your body's allies and advocates. Don't let your body be your enemy.*

*18. Every morning you wake up, thank your body for resting itself so you can enjoy the day ahead.*

*19. Every evening when you go to bed, tell your body how happy you are that it let you have a wonderful, fun-filled day.*

*20. Find a way to exercise, and begin to practice it so that you end up doing it on a regular basis. But don't do it to loose weight, do it to enjoy your body.*

*21. Think back to a time when you enjoyed your body. Tell your inner self that you can feel that way again, even in your body at your age.*

*22. Look and go through some family photo albums; find the beauty and love that you value in those faces and treasure them in your heart.*

*23. Say 10 positive things about yourself, without mentioning your appearance.*

*24. Take a look in your closet. Do you wear any clothes that hide yourself? Think about why you wear what you wear.*

*25. Decide to wear clothes only if they give you power, energy, and most importantly, comfort.*

*26. Take the time to put a sign on your mirrors that says "I'm beautiful, inside and out."*

*27. If you only had one year left to live, how important would your body image be?*

*28. Start saying to yourself, "Life is short to waste my time on my image and hating my body."*

*29. Look to find the beauty inside yourself.*

*30. Last, but not least, remember:*

***"Beauty is Only Skin Deep & A Waist is a Terrible Thing to Mind"***



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