

BODY POSITIVITY

I love and accept myself.

Today is a good day to be alive.

I love my body.

My body deserves to be nourished.



I am a good person.

I am loved.

I'm beautiful inside and out.

Guilt is a waste of time.

WHAT DOES MY BODY DO FOR ME?

WHAT DO I LOVE ABOUT MY BODY?

WHAT IS UNIQUE ABOUT ME?

WHAT CAN I DO TO HELP IT STAY STRONG AND HEALTHY?