

Body Positive Affirmations

Repeat affirmations 3-5 times a day to help foster a positive and peaceful relationship with your body and self.

- My body is strong and supports me in many ways (think of a few ways that your body supports you).
- My body does amazing things. My arms give good hugs. My legs take me places. My body deserves kindness.
- I treat my body with respect and nourish it with what it asks for.
- All bodies are good bodies. There's no right way to have a body. My outward appearance does not define anything about me.
- I nourish my body by honoring my hunger and giving myself unconditional permission to eat all foods without feelings of guilt or shame.
- My body is beautiful just as it is. I am loved by my friends and family and those that know me.
- I am enough. I do not need to change my body for others to love me. More people love and accept me than I know.
- My body is a gift. I belong and I am loved exactly for who I am.
- What if I wasn't always in pursuit of my body? I could free up mental space and time to... (think of 2-3 things you could do).
- Learning to love myself is a process, and that's okay! I work towards accepting and believing in myself just the way I am.

Write your own body positive affirmation:
