

BODY ACCEPTANCE AFFIRMATIONS



I AM...

Worthy of taking up space

Not defined by my weight, shape or size

Learning to accept my body as it is



I WILL...

Treat my body with respect and kindness

Trust my body's wisdom and honor its needs

Challenge weight bias and celebrate body diversity



I WILL NOT...

Allow my mind to bully my body

Compare my body to others

Body shame myself or others