1. Appreciate all that your body can do.

2. Remind yourself of all you have accomplished, and all of your future goals.

3. Follow social media accounts that make you feel good.

4. Look at yourself as a whole person.

5. Surround yourself with positive people.


7. Remind yourself that true beauty is not only skin deep.

8. Treat yo’self.

9. Fight those voices in your head that tell you your body isn’t good enough.

10. Be a positive influence for others.