

I LOVE MY BODY

Improve your relationship with your body by reading these body-positive statements each day. Like any relationship, reconnecting and building trust will take time and effort. You will experience more positive, *sustainable* changes in your health as you consistently choose to make decisions because you LOVE your body.



My body is doing what it's *supposed to* with what **I give it** and the **experiences** it has.

My body is *not* my enemy.

My body is doing its best to **take care of me.**

Does this feel like **loving me?**
(Or am I *punishing* me?)

My body takes care of me by _____

I am grateful to my body because _____

