



Learn to Accept & Like Your Body

Why It Matters

Your body is your lifelong home. Accepting and liking your body is not about perfection — it's about connection, care, and respect. Body acceptance builds confidence, reduces anxiety, and supports lasting mental and emotional well-being.

What Body Acceptance Is

- Respecting your body, even if you don't love everything about it.
- Understanding that your worth is not defined by shape, size, or appearance.
- Choosing kindness over criticism in how you talk to yourself.
- Focusing on what your body does, not just how it looks.

Common Myths to Let Go Of

- "I'll accept my body when I lose weight."
 - Acceptance is the foundation for change, not the reward after it.
- "Liking my body means I stop improving it."
 - You can love something and still want to care for and strengthen it.
- "Everyone else has it figured out."
 - Most people struggle with body image at some point. You are not alone.

What Helps

- Gratitude Practice: List 3 things your body did for you today.
- Mirror Work: Say something kind to yourself in the mirror each morning.
- Body-Neutral Language: Shift from "I hate my thighs" to "These are my thighs. They carry me."
- Social Media Detox: Unfollow accounts that trigger comparison. Follow ones that inspire self-love.
- Dress for You: Wear clothes that make you feel comfortable and confident — not just what you think you should wear.

Affirmations to Try

- “My body is worthy of love and respect right now.”
- “I am more than my appearance.”
- “I choose to treat myself with kindness today.”

Self-Reflection Prompts

- What messages have I received about bodies, and do I still believe them?
- When have I felt at peace in my body? What helped create that feeling?
- What would I say to a friend who talked about their body the way I talk about mine?

Final Thought

Liking your body isn't about achieving a fantasy — it's about building a real, respectful relationship with yourself. The more love and care you give your body, the more it gives back.

