

POSITIVE BODY AFFIRMATIONS

Reflect on Your Body

Take a moment to reflect on your body...

What thoughts come to mind?

Chances are, many of the first thoughts that surfaced were likely about things you want to improve or change about your body. While there is certainly nothing wrong with wanting to nourish your body to optimum health, it is also critically important that we learn to appreciate what is good about our bodies instead of always focusing on where they are lacking. By loving, accepting, and appreciating your body how it is now and respecting all it does for you each day, you will discover that it is possible to be happy in your own skin. Once you find this unconditional love for your body, you will be amazed at the power you unlock to make progress and achieve your goals as it turns your body from an enemy into an asset!

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Change Your Words, Change Your Thoughts

The first step on the journey of self-acceptance is to change the thoughts you think and the words you say about your body.

Creating your own set of positive body affirmations will empower you to embrace the many wonderful aspects of your body and shift your mindset so you are not only saying these affirmations—but you will begin to believe them! Words lead to belief, belief leads to action, and actions change your life for the better.

An affirmation is a statement designed to bring about a positive change in a person or their environment. It is important that the affirmation is written using either present or past tense as if the statement is currently happening or has already happened—these are not wishes for the future, but declarations for the now!

While you can certainly find hundreds of affirmations on the internet, writing your own customized affirmations will make them more personal and powerful when it comes to actually changing what you believe about your body.

Keep them short enough that you can memorize them and repeat them often—the more you say them, the more effective they will be. Use the template below to guide you in creating your unique positive body affirmations.

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Example Affirmations

The examples below can help you reframe your thoughts and build gratitude toward your body.

- ▶ My body grows stronger each day.
- ▶ My body is well nourished.
- ▶ My body has overcome great challenges.
- ▶ My body is a miracle.
- ▶ I love my body today.
- ▶ I love how my body supports my goals.
- ▶ I choose to embrace my body.
- ▶ I choose to work with my body, not against it.
- ▶ I am enough just as I am.
- ▶ I am beautiful.
- ▶ I am confident and comfortable in my own skin.
- ▶ I am grateful for the way my body has nourished my children.

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- ▶ I am grateful for the journeys my body has allowed me to experience.
- ▶ I respect my body.
- ▶ My legs carry me where I want to go.
- ▶ My arms give the perfect embrace.
- ▶ My stomach enables my entire body to receive nourishment.
- ▶ I take care of my body.
- ▶ I embrace who I am and how I look.
- ▶ I see the beauty of my body.
- ▶ I see my scars as signs of strength.
- ▶ I feel capable and confident.
- ▶ I feel energized and strong.
- ▶ I give my body movement.
- ▶ I give my body rest.
- ▶ I give my body grace.
- ▶ I give my body acceptance.

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Write Your Own

Now that you have read some examples, use some of the prompts below to write your own. Or, step away from the guide and see what your heart and mind create freely. These affirmations do not need to conform to anyone's expectations but your own, so take time to write some that are truly meaningful to you. Just remember to use positive language and affirm all beauty and wonder your body already has!

MY POSITIVE BODY AFFIRMATIONS

.....
My body....

My body is...

My body has..

I love...

I choose...

I am...

I am grateful for...

I respect...

My legs...

My arms...

My back...

I take care of...

I embrace...

I see...

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MY POSITIVE BODY AFFIRMATIONS

I feel...

I give...

Speak Your Affirmations Aloud

Lastly, the most important step is to actually speak these affirmations aloud, multiple times a day, every day. It may feel odd at first, but verbalizing these statements is the key to altering what you believe about your body and allowing these statements to become your truth.