



*my daily*

## BODY IMAGE AFFIRMATIONS

*Affirmations are phrases repeated consistently to alter unconscious beliefs. Select ones you resonate with, and recite them daily in front of a mirror. By truly embracing and experiencing these positive body affirmations, you may notice a shift in your self-perception and body image.*

- ♥ This body is my trusted companion, carrying me through every challenge and accomplishment.
- ♥ Every mark and curve tells a story of my resilience and strength.
- ♥ Confidence is the most stylish accessory, and I'm rocking it with everything I've got.
- ♥ I fuel my body with intention, giving it the tools it needs to thrive.
- ♥ Physical activity is my investment in a healthy and capable body.
- ♥ My worth is not defined by a number on the scale; it's defined by my inner strength.
- ♥ I treat my body with respect and care, fostering a positive and sustainable relationship.
- ♥ Positive influences inspire healthy habits, and I surround myself with those who uplift me.
- ♥ My focus is on well-being, not just appearance. Feeling good starts from the inside out.
- ♥ Imperfections are simply human. I celebrate my unique beauty and capabilities.