

POSITIVE BODY IMAGE AFFIRMATIONS

Spread a little kindness to yourself!

“Don’t hate your legs. They take you places.”

“Say goodbye to your inner critic and take this pledge to be kinder to yourself and others.”
-Oprah

“This body has carried me through challenges. It looks exactly the way it's supposed to.”
-Veronica Roth

“Love your body because you only have one.”

“Stop trying to fix your body. It was never broken.”

“Your body is your home, your vessel in life. It needs to be respected and loved.”

“A scale will never measure your worth.”

“Your body is beautiful even if it's not the body we see on runways.”

“Workout because you love your body not because you hate it.”