

■ Body Acceptance Toolkit

Daily Practices

- Spend 2 minutes naming one thing your body did for you today (walked, carried groceries, hugged someone).
- Say one neutral statement in the mirror: “This is my body today, and it carries me through life.”
- Do one act of gentle care (apply lotion, stretch, deep breath outdoors).

Self-Talk Reframes

Old Thought: “I hate how my body looks in these clothes.” → New Thought: “These clothes don’t fit my body. I’ll find ones that feel comfortable.”

Old Thought: “My stomach is ugly after pregnancy.” → New Thought: “My stomach tells the story of giving life. I can honor that.”

Old Thought: “I should look younger.” → New Thought: “Aging means I’ve lived and learned — that’s strength.”

7 Affirmations

- My body is the least interesting thing about me.
- I don’t need to love my body every day — neutrality is enough.
- My body is worthy of care at every stage.
- Fluctuations are natural, not failures.
- I can appreciate what my body does, not just how it looks.
- I deserve comfort and joy in my body today.
- My value is not measured by size, shape, or age.

Weekly Check-In Questions

- Did I speak kindly to myself at least once a day?
- What’s one body function I appreciated this week?
- Did I let myself enjoy food/movement without guilt?
- Which self-talk reframe worked best for me?
- What do I want to try differently next week?

Quick Challenge Ideas

- Postpartum: Write one letter to your body thanking it for recovery.
- After weight gain: Make a 'comfort clothes' list that makes you feel good now.
- Aging: Write down 3 strengths you've gained with age.