



“Willing” Better Body Image

I will make a conscious effort to focus on the things I appreciate about the services or privileges my body provides me (walking, talking, writing, etc..)

I will focus on what my body does right and make a conscious effort to thank my body daily for those things. (Eg...pump blood through heart, allow me to breathe, let me feel through my fingers so that I can pet my dog etc..)

I will spend less time obsessing in front of mirrors and fill that time with other constructive and healthy self-soothing activities (Eg...Reading a favorite book, talking to a friend, writing poetry, singing a song, learning a new language).

I will make an effort to do mindful exercise, instead of exercising to lose weight or purge fat from my body.

I will constantly remind myself that I deserve to do things I enjoy, even if those activities may call attention to my physique.

1. **I will** think of three reasons why it is ridiculous for me to believe that thinner people are happier or "better."
2. **I will** repeat these reasons to myself whenever I feel the urge to compare my body shape to someone else`s.
3. **I will** exercise for the joy of feeling my body move and grow stronger. I will not exercise simply to lose weight, purge fat from my body, or to "make-up for" calories I have eaten.
4. **I will** participate in activities that I enjoy, even if they call attention to my weight and shape. **I will** constantly remind myself that I deserve to do things I enjoy, like dancing, swimming, etc., no matter what my shape or size!
5. **I will** refuse to wear clothes that are uncomfortable or that I do not like but wear simply because they divert attention from my weight or shape.

I will wear clothes that are comfortable and that make me

feel comfortable in my body.

6. I **will** list 5-10 good qualities that I have, such as understanding, intelligence, or creativity. I **will** repeat these to myself whenever I start to feel bad about my body.
7. I **will** practice taking people seriously for what they say, feel, and do, not for how slender, or "well put together" they appear.
8. I **will** surround myself with people and things that make me feel good about myself and my abilities. When I am around people and things that support me and make me feel good, I **will** be less likely to base my self-esteem on the way my body looks.
9. I **will** treat my body with respect and kindness. I **will** feed it, keep it active, and listen to its needs. I **will** remember that my body is the vehicle that will carry me to my dreams!

I will choose to take care of myself and my body!