


# 10 Ways to Love Your Body

*Adapted from NEDA*

1. Become aware of what your body can do each day. Remember it is the instrument of your life, not an ornament.
2. Choose to find the beauty in the world, and in yourself.
3. Think of the things you could accomplish with the time and energy you spend worrying about your body and appearance. Try one!
4. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
5. Count your blessings, not your blemishes.
6. Keep a list of positive things about yourself without mentioning appearance. Add to it!
7. Put a sign on each of your mirrors saying, "I'm beautiful inside and out".
8. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary - begin to respect and appreciate it!
9. Surround yourself with people that remind you of your inner strength and beauty.
10. Be your body's friend and supporter, not its enemy.



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