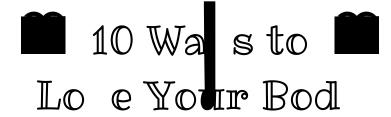


## Adapted from NEDA

- 1 Become aware of what your body can do each day. Remember it is the instrument of your life, not an ornament
- 2 Chaose 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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