

30 Ways to Love Your Body

1. Imagine caring for your body as you would for your favorite pet.
2. Think of your body as a tool. Create an inventory of all the things you can do with this body.
3. Become aware of what your body does each day, as the instrument of your life, not just as an ornament.
4. Create a list of people you admire who have contributed to your life, your community, and the world. Was their appearance important to their success and accomplishments?
5. If their body and appearance were not important, why should yours be? Judge yourself as a whole person, not just as a body.
6. Think of your body as a source of pleasure. What is your favorite and most useful body part?
7. Do something that will let you enjoy your body: stretch, dance, walk, sing, take a bubble bath, get a massage, have a pedicure.
8. Walk with your head held high, supported by pride and confidence in yourself as a person.
9. Don't let your weight or shape keep you from doing the things you enjoy.
10. Wear comfortable styles that you really like and that feel good on your body.
11. Count your blessings, not your blemishes.
12. How much time do you spend each day criticizing your body or worrying about your appearance? Decide what you would rather do with those wasted hours. Do it!
13. Be your body's ally and advocate, not the enemy.

14. Every morning when you wake up, thank your body for resting and rejuvenating itself so that you can enjoy the day.
15. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
16. Find a method of exercise that you enjoy and do it regularly. Don't exercise to lose weight or fight your body—exercise to love your body.
17. Think back to a time when you liked and enjoyed your body. Tell yourself you can feel like that again, even in this body at the age you are now.
18. Look at family photo albums—find the beauty, love, and values in those faces. Keep those in your heart.
19. Describe 10 positive things about yourself, without mentioning your appearance.
20. Look in your closet. Do you wear clothes to hide and camouflage your body or to follow the season's fashion trends? Honestly examine why you wear what you wear.
21. Decide to wear clothes only if they give you feelings of power, strength, and comfort.
22. If you had only one year to live, how important would your body image and appearance be?
23. Start saying, "Life is too short to waste my time hating my body this way."
24. Decide to find the beauty in the world and in yourself.
25. Learn to accept a complement gracefully, and really try to recognize the good qualities others see in you.
26. Throw away your scales! A healthy body is not about numbers on a scale.
27. We are born in love with our bodies. Watch an infant sucking his/her fingers, rolling around, not worrying about his/her "body fat."
28. Take the phrase "I feel fat" out of your vocabulary. Fat is not a feeling.
29. Get educated. Research the ways in which the media literally "constructs" unrealistic standards of beauty. Empower yourself with knowledge.
30. Last, but not least, remember this: "beauty is only skin-deep."