

# 25 Body Acceptance Resolutions to Live By

1. I will not let my mind bully my body.
2. I will not forget that I gave life with this body.
3. I will do something positive every day for my body.
4. I will not let others negative body image effect mine.
5. I will stop thinking about what I should be doing for my body and do only what I am able and willing to do.
6. I will be proud of the skin I'm in.
7. Just because I'm not a model, doesn't mean that I'm not beautiful.
8. I am a work in progress, and not seeking perfection.
9. My imperfections make me perfect in my own way.
10. My self-worth has nothing to do with how my body looks.
11. My body is changing, and that's okay.
12. It's okay to love myself as I continue to evolve.
13. I promise to focus less on the number on the scale and more on how I feel.
14. Food is meant to nourish my body and not my enemy.
15. It's okay for me to feel confident.
16. I am stronger than I think.
17. I can be healthy, no matter what my pant size is.
18. My body can do amazing things.
19. I am still beautiful, even if I'm having a "fat" day.
20. I promise not to punish myself.
21. I will stay out of my head too much and focus on just being.
22. I am worth it.
23. I trust myself.
24. I choose happiness.
25. I choose to love myself.

