

Body Image & Self Talk

TIME TO MAKE A CHANGE!



POSITIVE

I love myself even as my body is changing.



POSITIVE

Healthy food is delicious and nourishes me!



POSITIVE

I am lovable and beautiful - JUST AS I AM - inside and out.



POSITIVE

I'm happy NOW, I'll trust the process and my body's brilliant wisdom.



POSITIVE

I love taking care of myself, my body is a miracle.



NEGATIVE

I am weak and have no will power!



NEGATIVE

Food is the enemy! I need to stop eating so much!



NEGATIVE

I HATE my belly, everything I eat turns to ugly fat!



NEGATIVE

I'll be happy when I finally lose weight.



NEGATIVE

I've failed so many times but I need to go on another diet!