

## Positive Body Affirmations

By: Leora Fulvio

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*Affirmations are statements that you repeat over and over in attempt to change your unconscious beliefs. Pick a few that you like and look in the mirror and repeat several times each day! If you can find some of these **positive body affirmations** that resonate for you and really allow yourself to see them, hear them and feel them, you might find some shifts in the way you think about yourself and your body.*

1. My body deserves love.
2. I am perfect, whole, and complete just the way I am.
3. I feed my body healthy nourishing food and give it healthy nourishing exercise because it deserves to be taken care of.
4. I love and respect myself.
5. It's okay to love myself now as I continue to evolve.
6. My body is a temple. I want to treat it with love and respect.
7. My body is a gift.
8. Food doesn't have to be the enemy, it can be nurturing and healing.
9. Life is too short and too precious to waste time obsessing about my body. I am going to take care of it to the best of my ability and get out of my head and into the world.
10. I will not give in to the voices of my eating disorder that tell me I'm not okay. I will listen to the healthy voices that I do have, even if they are very quiet so that I can understand that I am fine. I am fine.
11. Food doesn't make me feel better, it just temporarily stops me from feeling what I'm feeling.
12. I have everything inside of me that I need to take care of myself without using food.
13. A goal weight is an arbitrary number, how I feel is what's important.
14. I am worthy of love.
15. As long as I am good, kind, and hold myself with integrity, it doesn't matter what other people think of me.

16. Other people are too busy thinking about themselves to care what my weight is.
17. When I compare myself to others, I destroy myself, I don't want to destroy myself so I'll just continue on my journey, not worrying about other people's journeys.
18. I am blessed to be aging. The only alternative to aging is death.
19. It's okay for me to like myself. It's okay for me to love myself.
20. I have to be an advocate for me. I can't rely on anyone else to do that for me.
21. A "perfect" body is one that works, no matter what that means for you personally.
22. It's okay for me to trust the wisdom of my body.
23. Just because someone looks perfect on the outside, doesn't mean they have a perfect life. No one has a perfect life, we all struggle. That's just what being human is.
24. If I spend too much time trying to be and look like someone else, I cease to pay attention to myself, my virtues, my path, and my journey.
25. When I look to others to dictate who I should be or how I should look, I reject who I am.
26. The last thing I should be doing is rejecting myself. Accepting myself as I am right now is the first step in changing, growing and evolving. When I reject myself, I cannot grow.
27. Self-respect is underrated.
28. I can only go forward, so although I can learn from it, I refuse to dwell on the past.
29. ALL images in magazines are airbrushed, photoshopped, and distorted.
30. If people actively judge or insult me, it's because they feel badly about themselves. No one who feels good about themselves has the need to put someone down to elevate themselves- they have better things to do with their time.
31. I have no need to put someone down to elevate myself.
32. I can be a good person if I choose to be.
33. It's my life, I can choose the way I want to live it.
34. When I smile, I actually make other people happy.
35. Balance is the most important.

36. If I binge today, I can still love and accept myself, I don't have to beat, berate and starve myself right afterwards, and I still have the very next moment to jump right back into recovery.

37. Recovery is an ongoing process that is not linear in fashion. If I slip up, I'll take the opportunity as a learning experience and get right back to my recovery goals/program.

38. Progress is not linear. It's normal for me to go forward and then backward, and then forward again.

39. I enjoy feeling good. It's okay for me to feel good.

40. Having an eating disorder is not my identity.

41. Being skinny or fat is not my identity. I am identified by who I am on the inside, a loving, wonderful person.

42. I choose health and healing over diets and punishing myself.

43. My opinion of myself is the only one I truly know and it's the only one that counts. I can choose my opinion of myself.

44. When I am in my head too much, I can return to my breath, just breath and be okay. There is only this moment.

45. It's okay to let others love me, why wouldn't they?

46. I am good stuff.

47. I am compassionate and warm. My presence is delightful to people.

48. My very existence makes the world a better place.

49. It's okay to pay someone to rub my feet every once in a while.

50. If I am hungry, I am supposed to let myself eat. Food is what keeps me alive.

51. Getting older makes me smarter.

52. It's okay not to be the best all the time.

53. My well-being is the most important thing to me. I am responsible for taking care of me. We are each responsible for ourselves.

54. No one has the power to make me feel bad about myself without my permission.

55. My feet are cute. Even if they're ugly.

56. I eat for energy and nourishment.

57. Chocolate is not the enemy. It's not my friend either. It's just chocolate, it has no power over me.

58. I can be conscious in my choices.

59. I am stronger than the urge to binge.

60. I am healthier than the urge to purge.

61. Restricting my food doesn't make me a better person, being kind to myself and to others makes me a better person.

62. Being skinny doesn't make me good. Being fat doesn't make me bad.

63. I can be healthy at any size.

64. Life doesn't start 10 pounds from now, it's already started. I can make the choice to include myself in it.

65. Food, drugs, and alcohol are not the solution. But they might seem like it at times, but using these things can make more problems. I have what I need inside of me as the solution.

66. There is a guide inside of me who is wise and will always be there to help me on my journey.

67. Sometimes sitting around and doing nothing is just what the doctor ordered. It's okay to let myself relax.

68. I am a human being, not a human doing. It's okay to *just be* sometimes. I don't always have to be doing.

69. My brain is my sexiest body part.

70. Looks last about five minutes– or until someone opens their mouth.

71. My life is what I make of it. I have all the power here.

72. My body is a vessel for my awesomeness.

73. My body can do awesome things.

74. If I am healthy, I am so very blessed.

75. I won't let magazines or the media tell me what I should look like. I look exactly the way I'm supposed to. I know because this is the way god made me!

76. What is *supposedly* pleasing to the eye is not always what is pleasing to the touch. Cuddly is good!

77. I can trust my intuition. It's here to guide me.

78. Just because I am taking care of myself and being an advocate for myself doesn't mean I'm selfish.

79. Not everyone has to like me. I just have to like me.

80. It's not about working on myself it's about being okay with who I already am.

81. My needs are just as important as anyone else.

82. Body, if you can love me for who I am, I promise to love you for who you are— no one is responsible for changing anyone else.

83. I will make peace with my body, it doesn't do anything but keep me alive and all I do is insult it and hurt it. I'm sorry body, you've tried to be good to me and care for me, it's time for me to try to be good back.

84. Thighs, thank you for carrying me.

85. Belly, thank you for holding in all my organs and helping me digest.

86. Skin, thank you for shielding and protecting me.

87. Other people don't dictate my choices for me, I know what's best for myself.

88. I feed my body life affirming foods so that I can be healthy and vital.

89. Taking care of myself feels good.

90. I can eat a variety of foods for health and wellness without bingeing.

91. There is more to life than losing weight. I'm ready to experience it.

92. If I let go of my obsession with food and my body weight, there is a whole world waiting for me to explore.

93. The numbers on the scale are irrelevant to who I am as a human.

94. Food is not good or bad. It has no moral significance. I can choose to be good or bad and it has nothing to do with the amount of calories or carbohydrates I eat.

95. I am still beautiful/handsome when I'm having a bad hair day.

96. My nose gives me the ability to breathe. Breath gives me the ability to be an amazingly grounded, solid person.

97. Being grounded and whole is what makes me beautiful. If I don't feel grounded and whole, I can get there just by being still, breathing, listening to my intuition, and doing what I can to be kind to myself and others.

98. I am not bad and I don't deserve to be punished, not by myself and not by others.

99. I deserve to be treated with love and respect and so do you. I choose to do and say kind things for and about myself and for and about others.

100. Even if I don't see how pretty/handsome I am, there is someone who does. I am loved and admired. REALLY!

101. Beauty?... To me it is a word without sense because I do not know where its meaning comes from nor where it leads to. ~Pablo Picasso