

BODY **ACCEPTANCE** **WEEK**

BODY ACCEPTANCE AFFIRMATIONS

I AM...

worthy of taking up space

not defined by my weight, shape, or size

learning to accept my body as it is

I WILL...

treat my body with respect and kindness

trust my body's wisdom and honor its needs

challenge weight bias and celebrate body diversity

I WILL NOT...

allow my mind to bully my body

compare my body to others

body shame myself or others