

# Ways to Be Body Positive



## 1 Reframe your self-talk

Fight the instinct to criticize, and if you slip, correct yourself. Kinder self-talk promotes positive thinking and emotions, as well as improved behaviors. Write it down for times you forget. Remember that you deserve kindness.

## 2 Clean out your social media

Unfollow accounts that focus on bodies in a sexual, degrading, unrealistic, and/or negative way. Remove accounts that make you feel bad about yourself. Be extra aware of “fitness” media that is disguised as motivation. If it makes you feel negative about your body, it is not motivation. Be honest with yourself.

## 3 Wear clothes that spark joy and you feel comfortable in

Anything that requires constant adjusting or pinches you in uncomfortable places doesn't deserve to be worn by you. There are plenty of other trends you can rock. Be yourself, but most importantly, be comfortable.

## 4 Accept compliments

Say “thank you!” more often. You received a compliment because you deserved it, so rather than brushing it off or giving credit elsewhere, accept that it was specifically for you!

## 5 Motivate through self-compassion

If you wouldn't say it to your best friend, don't say it to yourself. Motivation is more likely to remain consistent when we are kind and confident in ourselves.

# 6

## Set goals that have nothing to do with your appearance

Start a blog. Volunteer. Master 10 full pushups. Read 3 books in one month. Eat two or more servings of vegetables every day. Begin a chain on Instagram titled "100 Days of Happiness" and be consistent with it. Deep clean your room and donate the things you don't need. There are an infinite amount of goals you can set that have the potential to make you feel better about yourself and have nothing to do with aesthetics or appearance.

# 7

## Practice consistent self-love

You may not always feel 110% in love with yourself or your body, but keep smiling and doing your thing! With enough practice, knowing your self-worth beyond your appearance becomes unconditional and second nature.

# 8

## Give what you want to receive

Shine your light by sharing it with others. Compliment more often. Go out of your way to say hello to the friend you haven't spoken to in a while. Call loved ones more often. Hold the door open for 20 extra seconds. Be the first to smile at someone else.

# 9

## Start a gratitude practice

Reflect on your accomplishments, how far you've come, and things that you are grateful for. This can be as simple as sitting on the bus and being grateful for a sunny day and the smiling faces around you, or journaling about it every day. Expressing gratitude helps shift your thoughts to a more positive place and reconnects you with your core values.

# 10

## Surround yourself with uplifting individuals

Surround yourself with those who make you feel like extraordinary, empowered, accepted, and loved; these are those who deserve your time and attention. Nurture those relationships as best as you can.



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