

HOW TO DEVELOP A HEALTHY BODY IMAGE

In this episode of Plan a Happy Life, Stephanie and Kayla share some daily practices to help you develop a healthy body image. One of which is using body positive affirmations as reminders that you are STRONG & BEAUTIFUL just as you are! You are the only one who gets to decide what is healthy and beautiful for your body.

Start here. Use these little “notes to self” to write some empowering and supportive affirmations. Try this one: “I love my (fill in the blank)!” Once you’re done, cut them out and place them where you need to see them most. On a mirror. In your car. On your computer. You’ve got this!

note to self

FOCUS ON THE GOOD

note to self

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note to self

STAY POSITIVE

note to self

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note to self

RADIATE GOOD VIBES

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