

# 9 Ways to Celebrate Your Body



# Body Positive Activities

## NUTRIMENTAL HEALTHCARE

1. What are **3 POSITIVE** things you can say about your body?

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\_\_\_\_\_. When you practice positive affirmations, you are training your brain to say *nice* things to yourself, which challenges all the negativity and allows you to see these beautiful things much more easily.

2. What is **ONE** thing that you can do TODAY to make your body feel worthy of time and attention?

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3. Do you have *at least* one outfit or clothing item that makes you feel GORGEOUS? If you don't have anything that you feel comfortable wearing, it may be time to find a few items that fit well and support your confidence. Remember, there is nothing *wrong* with your body; there **is** a problem with the clothing industry.

4. How often do you see yourself naked? If the thought of this is uncomfortable in any way, try looking at yourself after a shower for short intervals of time until you are more comfortable. Expand on this by giving yourself **at least** one compliment about your body each time.

5. Think of **3 promises** you can make to your body to support positivity. Some examples are "I promise to get enough rest every night" or "I promise I won't compare you to other bodies".

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6. What do you love doing? Identify **3 ways to move** your body which feels great, then do 1 every day!

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7. Be mindful about social media usage. In a world of filters and insecurity, try to use a *non-critical eye* when it comes to how everyone looks and follow **3 accounts** which support your interests, causes, organizations, etc. Better yet, identify ONE positive thing about different peoples' bodies in order to expand your view and appreciate how unique every body is and find the physical beauty in each person.

8. Nourish your body with foods that *feel* good! Think of **3 foods** which make you feel absolutely wonderful (tip, it doesn't have to be "healthy"):

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Now think of some positive emotions associated with these foods:

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9. Check your expectations when it comes to how your body "should" look. Ask yourself if your expectations are too high? Are they realistic? Attainable? Are your expectations *yours or someone else's*?