

beyond the scales



your guide to liberating your self-worth from your weight

Are you tired of feeling stuck in an unhealthy relationship with food, constantly comparing your body to others and beating yourself up for not looking a certain way, or hitting a certain number on the scale?

I'm here to tell you that you don't have to. You can rewrite this narrative. It isn't based on fact, and we can now write our own truths. A new beauty standard is being written, and I can tell you that you are unquestionably beautiful, just as you are.

Carry on reading to discover ways that I managed to break this toxic relationship with my weight and to my attitude towards food. Remember, if I can do this, then you can too.

have a social media shuffle

Unfollow any social media accounts that make you feel bad about yourself and start following accounts that make you feel good! Follow accounts that celebrate body positivity and the normalisation of diverse body types. Start to challenge the narrow beauty standards imposed by society and allow yourself to see beauty in all its forms!

This normalisation can reduce the pressure to conform to **unrealistic beauty ideals** and foster acceptance of your own unique and beautiful body. Seeing others with similar body types to you represented positively on social media is empowering! It validates your identity and helps you feel seen, valued, and worthy irrespective of societal norms.

Following accounts that promote self-love, acceptance, and authenticity can inspire you to embrace yourself more fully. As you internalise messages of self-compassion and self-acceptance, you're more likely to prioritise your well-being over societal expectations.

So start deleting some accounts!! And start searching these hashtags: #BodyPositivity #HealthAtAnySize #NormaliseAllBodies #BeYourOwnKindOfBeautiful #BodyConfidence

focus on what your body can do rather than how it looks

Focusing on what your body can achieve physically rather than fixating on weight liberates self-

worth by shifting the focus to abilities over aesthetics. So start setting small goals - maybe its one more pushup, another 10 seconds in plank, or shaving off a few seconds on your next run.

Prioritising activities that support overall well-being promotes a health-centric mindset, fostering confidence and self-esteem through accomplishing physical milestones. This will encourage you to start reducing comparison and self-criticism while promoting a positive relationship with your body beyond superficial measures.

Let's empower ourselves to celebrate our unique strengths and capabilities!

practice gratitude

Practice gratitude for all the things your body is capable of. You'll slowly start to sever the connection between your weight and your self-worth by shifting your focus from external measures to internal strengths.

By appreciating the diverse functions our bodies perform daily, we cultivate a more positive image of ourselves, we promote self-compassion, and enhance self-acceptance regardless of size or shape. Gratitude encourages resilience, allowing setbacks to be viewed as opportunities for growth rather than reflections of our worth.

So start noticing all of the amazing things your body can do! There are people who would give anything to have a body like yours. Never forget that.

practice pilates or yoga

Engaging in practices like yoga or pilates can profoundly increase self-awareness and facilitate breaking the tie between weight and self-worth. Through mindful movement and breathwork, these disciplines encourage a deeper connection between body and mind, fostering a sense of acceptance and appreciation for our bodies' capabilities beyond their appearance or size.

By focusing on alignment, balance, and inner strength rather than external measures, we can cultivate a more holistic understanding of self-worth, rooted in self-awareness and self-compassion.

So dust off the old yoga mat and get your practice going! Yoga is magic... I promise.

set boundaries

Setting boundaries with your loved ones who comment on your appearance is all about preserving your self-worth from external judgments. Despite how uncomfortable these conversations may be! Remember, their view of how you look has nothing to do with you. It's simply a projected view of their own internal struggles with **their self-esteem being attached to how they look.**

By clearly expressing your limits and asserting control over how others perceive and discuss your body, you reclaim autonomy over your self-image. This empowers you to prioritise internal validation and self-acceptance, rather than seeking validation from others.

I'll be honest, these conversations can be difficult. So be sure to settle yourself into a compassionate state beforehand. Those who love and support you will understand, and want to help you on your journey. And those who struggle to see your new view-point? It's okay. It doesn't mean they don't love you, they just aren't at that place in their journey that you are right now.

I want you to know something...

Your worth as a human being is not measured by how you look or how much you weigh. Read that again! You are inherently beautiful, just as you are, and your uniqueness is what makes you shine. Shower yourself with love and kindness. Embrace yourself fully knowing that you are enough, exactly as you are. Let's celebrate our individuality and cherish the beauty within ourselves and others.

You are amazing. You are loved. You are worthy.

