

Affirmations Body Positive

My legs are strong and can take me wherever I want to go
My [legs, arms, body] are/is powerful and help me
[climb/run/swim]

If I weren't this size I wouldn't be able to do [fill in the blank]

My breasts helped me feed my babies

My body is brilliant enough to make a baby

My body works perfectly at this size

My heart is beating and I am alive!

My body is smart enough to tell me what it needs

My body is so good at telling me when I'm hungry

I'm grateful my body tells me what I need (ie hunger!)

I'm grateful my body is well-nourished

Thank you body for protecting me from starvation

Thank you body for reminding me to eat

Thank you body for moving in all the ways I want to

Thank you arms for helping me hug [fill in a loved one]

Thank you body for using up the nutrients I eat

My worth has nothing to do with my weight

My value is in what I can do for others

I love being healthy more than being thin

Being this size is how I feel most energized

I feel complete as I am

Body Positivity Affirmations About Shape and Size

I accept my body exactly as it is.

My body is perfect.

My body is gorgeous/sexy

I'm comfortable in my body

I'm learning to love my body more and more

Affirmations Body Positive

My scars show all I have overcome
I'm proud of the color of my skin
I respect my changing hair/skin

I'm grateful for the hair I have; it protects my skin and keeps me warm
I'm blessed with healthy skin
Thank you eyes/hair/skin color for my uniqueness

I love the skin I'm in
My hair is perfect as it is
My skin looks incredible
My beauty radiates from within
My face is powerful
Appreciating Aging

My body is aging exactly the way it should
My body is working through every stage of life
I'm still strong/fast/capable

I'm grateful I'm living such a long life
Aging is a privilege and my lines remind how lucky I am
Thank you for all the walks/dancing/trips/hikes my body has taken me on so far!

My body is full of wisdom
My body has helped me achieve [fill in the blank]
I admire my continued strength
Confidence comes to me at every age

My skin protects me every day in a million ways
My skin heals very quickly
My hair is growing longer/stronger every day
Changes in my skin help me help me monitor my health