

Stops on your body image journey

1

You don't have to LOVE your body every day. However, can you find RESPECT for your body?

Think of your body as an INSTRUMENT instead of an ORNAMENT.

2

Read [More Than A Body: Your Body Is an Instrument, Not an Ornament](#) by Lexie Kite and Lindsay Kite

3

Make a list of all the things your body allows you to do and experience.

Things like being able to play with your kids/pets, going to a theme park, crocheting, painting, listening to music, or just spending time with friends/family.

Write them down for greater effect.