

Day 1: BODY

List 5 things you love and appreciate about your body.

Review this list every single day as a part of your morning routine. Maybe just sneak it in before you brush your teeth or while you're having breakfast. And I promise you, a few lines of love said to yourself in the mirror daily will improve your body image and self-love over time.

The Science: *It's scientifically proven that the more you say something, the more you actually believe it. So, tell yourself you love your body with all of its bumps, lumps, and imperfections, and guess what? You will!*

5 things I love and appreciate about my body:

1

2

3

4

5
