

The How To: Loving Your Body As It Is!

Express gratitude for your body daily

There are many benefits to having a daily gratitude practice including better physical health, mental wellness, outlook, improved optimism, and being happier!

To express gratitude for your body daily there are a few basic guidelines:

Get yourself a journal. This can be a dedicated gratitude journal or one that you already have and use for other things. Each day, pick 3 things you are grateful for and write them down.

The catch? There are a couple of rules...

1. No repeats! You only get to write each thing once.
2. Two of the items can be about anything at all, but the third must be about your body. What it looks like, how it functions, or all of the amazing things it allows you to do is a great place to start. Your arms that can pick up your child. Your lips that allow you to speak with love and give kisses. Your breasts or tummy which are often the most comfortable, loving safe place for a child to rest.

A gratitude practice works best if this becomes a daily ritual. So set a timer and each morning or evening, create a ritual of recording what you're grateful for that day!

Every few weeks look back through your journal and you get an awesome reminder about all the great things in your life and about your body to help really solidify that gratitude.

Remember, your body has CREATED LIFE. Seriously, take a moment and think about that for a second. Your child was created and became a human inside of you. Those stretch marks, that cellulite, that new bit of weight around your middle... They're all signs of your superpower. Women's bodies are freaking incredible and it's time you showed your body the gratitude it deserves!



Use Positive Affirmations

It's so easy to get into the habit of saying self-deprecating things. We as women are almost always our own worst critic, and this only intensifies when our bodies go through radical changes as they do during pregnancy, childbirth, and motherhood.

So, instead of perpetuating any negative self talk, we are going to switch it up by adding in positive affirmations.

Affirmations are positive statements that you write down, put in a space where you'll see them often (think posted to a mirror or set as your phone screensaver), and repeat them out loud to yourself every day. They are spoken in the present tense as if they've already come true, and are things that you want to hold as true even if you don't quite believe them yet.

They work over time by actually reprogramming the subconscious part of your brain. If we're told something enough times we begin to believe it, so let's take advantage of that!

We're slowly but surely replacing the negative stuff with so much positivity that over time the bad stuff fades out.



Remember, your words are **POWERFUL** so choose wisely!

Choose 1-3 of the affirmations below, write them down and post them where you'll see them often. Remember to repeat them aloud to yourself daily.

Tip: Set a phone alarm for the same time each day (such as when you're doing your gratitude journaling) to help create a new positive habit!

Below are some affirmations to try out! If none of the affirmations below are your cup of tea, then go ahead and create your own. As long as they're written and spoken in the present tense (as in "I am" or "I have" instead of "I wish I was"...) and written in the positive, you're good to go!

Body Positive Affirmations

- My body is incredibly strong and powerful.
- I am courageous and brave.
- I know that I am enough.
- I am my own biggest cheerleader.
- My body is worth celebrating every single day.
- My body is the vehicle to achieving my biggest and brightest dreams.
- My body deserves all the love I so freely give to others.
- I am worthy of unconditional love & acceptance as I am.
- I am sexy in every way.
- My opinion is the only one that matters.
- I accept myself for where I am in the present moment.
- I choose kindness and self-compassion as my first step on this journey.
- I create my own definition of what beautiful is.
- I respect and honour myself at every shape and size.
- I embrace my unique body.
- I'm comfortable and at home in my skin.
- I say yes to speaking to myself with love and kindness.
- I am allowed to take up space.
- My body is a sacred temple.



Tune in, Breathe, and Touch Yourself

No, not like that (though if that's your thing then by all means!). What I mean is it's time to get back in touch with yourself. When was the last time you really touched your body? Put your hands on your breasts, on your stretch marks, on your hips? Felt the sensation of cool water running down your back or soft sand under your toes?

Motherhood is so busy and often days are jam packed with just the bare essentials.

Make sure everyone is fed, dressed, clean. We're all alive and nobody's injured. But what about life's simple pleasures?



It's easy to become disconnected from your body. To view it as this frumpy thing you used to like and enjoy. It's not a big stretch to go from being a woman who knows herself to being a Mum who's disconnected and a little lost. Often the obsession of getting the "pre-baby body" back has to do with wanting that old connection back. With wanting that comfortable, knowing relationship with your body back.

I've created this [15 minute Body Love Breathwork](#) sequence to do just that. It helps get you out of your head and back into your body. It's easy, guides you through step by step, and can be a big game changer in your life. You're encouraged to set aside 15 minutes for yourself (perfect when everyone else is napping) and tune in.

So ladies, it's time to get back in touch with your body!