



LOVE YOUR BODY CHECKLIST

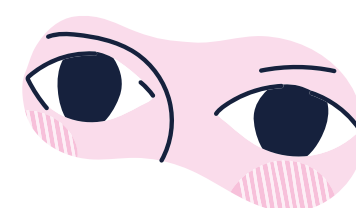


#Self-Love



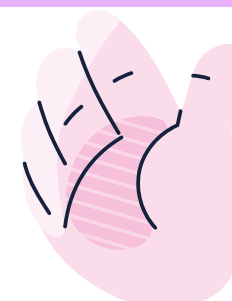
Understand Your Body

- Write down 3 things you love about your body
- Write down 3 things your body does for you
- Write down 3 body positive promises: ways you can treat your body better
- Write yourself a letter about how you want to feel about your body



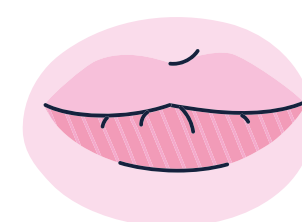
Explore Your Body

- Find one new thing about your body that you like
- Try something fun or new with your appearance
- Try a new activity to see if your body likes it, e.g walking, running, dancing
- Write down 3 compliments you get about your body



Love Your Body

- Pamper yourself, e.g. bubble bath, do your hair or nails, face mask
- Move your body, e.g. go for a walk, dance, exercise
- Do one activity this week that makes you feel happy about your body
- Wear clothes that make you feel confident and take a photo
- Eat something that makes you feel good
- Delete things on social media that make you feel bad about yourself



Celebrate your body, it is the only one you have
#yolo #getonboard

