

## **Attitudes, Beliefs and Values for a Healthy Body Image**

- ✓ I have one body. It is my vehicle to get me through life.
- ✓ I will respect my body and care for it as a most precious gift.
- ✓ I recognize that my body is different from everyone else's. I will celebrate these differences.
- ✓ I see that sometimes life does not always make it easy to take care of my body (constant access to low nutrient food, time pressures, society's standards).
- ✓ I will have confidence in myself to choose the best foods for my body at appropriate times during the day.
- ✓ I will say "no" when I need to if situations create imbalance in my life.
- ✓ I can learn to cope with criticisms and not let others judge me.
- ✓ I will set my own expectations of myself and ignore the expectations of others.
- ✓ I will spend time with people that allow me to be myself and accept me for who I am.
- ✓ I deserve good things in life and have faith that good things will happen to me.
- ✓ I believe that it is okay to want to look good but not at a standard set by others or society.
- ✓ I have endless potential to do great things in life.
- ✓ I will slowly persist with hard work toward my goals.
- ✓ I will enjoy this day and live in this moment without worry about the past or future.
- ✓ I reward myself for efforts towards caring for my body.
- ✓ I can deal with setbacks as they come along.
- ✓ I plan to live my life with purpose and passion in all that I do.
- ✓ I won't allow fear of failing rule my life.
- ✓ I will bring activity into my life so that I can feel vital and strong – not for the sole purpose of weight loss.
- ✓ I see humor in life and use it as a tool to help me cope with stress.