Body Positive Challenge

What does 'body positive' mean to you?

Dig deep and really think about it.

To me, it means looking at myself raw in the mirror, with no clothes or makeup on; recognizing the things I love about my body without focusing on any of my dislikes. Remember the mind is powerful and what you think of yourself comes to be. It might seem hard to do for some of us plus sized or curvy gals, honestly it's just as challenging for a thin gal, I know because I used to be her too. Give yourself a hug and thank your body for all that is has done for you. I know it may sound silly, but I promise it works.

Your challenge for the next 30 days is to take 5 minutes, no more and no less, every morning and practice this; Look at yourself raw then journal your thoughts. Over time this process has truly helped me accept who I am. Start your day by simply loving yourself, you will be impressed at all you accomplish, and the difference in the way you handle people and situations. I have learned to accept my body and so can you.

Now put a smile on your face and rock your day with your NEW body positive attitude! Get all your gal pals together and let's empower others to make the change.

Sincerely,

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Please share your experience and results of the challenge via email or tag me on IG.