



1. Who are your favorites?

I value my favorite people because of their kindness, compassion, generosity, intelligence, humor, leadership, and common interests, not for their body size, shape, or appearance. Why do I expect different of myself? Who are your favorite people and why? Could these be your goals instead?

2. Learn from Littles

Observe small children around you. Notice how they are unashamed of their own bodies and non-judgmental of others. Cultivate in your thoughts this same perspective towards the body that serves you well.

3. Affirmations

From faith-based Bible verses to general positive self-talk, write down affirmations and carry them with you or post them where you'll see them often. If you're having trouble, ask family and close friends for their affirmations of you, and trust them while you develop your own.

4. Body Appreciation List

Write down a list of what you like about your body and/or what you have been able to accomplish with your body. Or, try a meditation body scan! What has your body done for you lately?

5. Feed Yourself the Right Messages

Clean up your social media by deleting triggering or non-supportive accounts and adding pro-body acceptance accounts. See my [Who to Follow](#) and [Recovery Reading](#) recommendations for more!

6. Time & Persistence

This is an ongoing journey. Be compassionate with yourself. You're always moving forward, towards body acceptance. Each experience is a learning opportunity for next time. Keep going!

If you haven't yet, [sign up](#) for my weekly Recovery Space newsletter where I dole out all my favorite resources for body acceptance, intuitive eating, eating disorder recovery & more!