



**I AM STRONG
AND CONFIDENT**
in my body.



**MY HEART IS
FULL OF**
*courage, kindness
and love.*



**I AM
THANKFUL FOR**
my good health.



**WHEN I TAKE
CARE OF MY BODY,**
*my body will take
care of me.*



**MY BODY IS
UNIQUE AND
SHOULD NOT BE**
compared to others.



**MY BODY ALLOWS
ME TO EXPERIENCE**
*and explore the
world around me.*



**I LOVE MY BODY
AS IT IS**
*in the present
moment.*



**I DEFINE
MY WORTH**
and i am worthy.



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AND CONFIDENT
IN MY BODY.**



**MY HEART IS
FULL OF COURAGE,
KINDNESS AND
LOVE.**



**I AM
THANKFUL FOR
MY GOOD HEALTH.**



**WHEN I TAKE
CARE OF MY BODY,
MY BODY WILL
TAKE CARE OF ME.**



**MY BODY IS UNIQUE
AND SHOULD NOT
BE COMPARED
TO OTHERS.**



**MY BODY ALLOWS
ME TO EXPERIENCE
AND EXPLORE THE
WORLD AROUND ME.**



**I LOVE MY BODY AS
IT IS IN THE
PRESENT MOMENT.**



**I DEFINE MY
WORTH AND I
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