

# FINELY NOURISHED

---

## LOVING YOUR BODY

"I will nourish my body and speak kindly to myself every single day, in order to support a healthy body + mind"

WHAT ARE 3 THINGS YOU LOVE + APPRECIATE ABOUT YOUR BODY? LIST THEM HERE -

IMAGINE WHAT LIFE WOULD LOOK LIKE IF YOU LOVED YOURSELF UNCONDITIONALLY - DESCRIBE WHAT THAT LOOKS LIKE:

DO YOU HAVE ANY NEGATIVE SELF-TALK ABOUT YOUR BODY THROUGHOUT THE DAY? IF SO, WHAT ARE THESE THOUGHTS USUALLY ABOUT?

WHAT CAN WE REPLACE THOSE THOUGHTS WITH THE NEXT TIME THEY COME UP? LIST YOUR RESPONSE BELOW, AND REMEMBER TO REFERENCE THEM LATER -