

This too shall pass..

It's ok to make mistakes. It's human.....get up, dust yourself off, and keep going. You can do this!

Anyone who is judging me for being less than perfect is also imperfect. I need to allow myself to sit with my feelings, and comfort myself, instead of blaming myself for feeling hurt/not being perfect.

I'm doing the best I can, right now; I'm currently working with my body, instead of against it. Building a stronger relationship and being kinder to my body is how I continually show compassion towards myself.

Relapsing into negative thinking is part of the healing process. I want to celebrate how far I've come - bad body days used to be my normal, but now they're not daily...and it's not because I did something to make my body "perfect" - it's because I DECIDED to start loving my body where I am instead of withholding love until I was x size.

People will indeed still love me no matter what my size. Even if they notice that maybe my body is bigger than it was, they will not change their opinion or the way they treat me. IN fact most people are too self-absorbed in their own stuff to even notice.

That everyone is unique and special in their own way.

This too shall pass.

I will most likely feel better tomorrow.

This body is my journey on display. It's held and given birth to 3 lives. It's shown the path to wisdom and kindness. Those lines show from years of smiling and laughing. It's MY journey as show through my body and I LOVE each and every part!

My body serves its purpose—carrying me all over the world, hugging sweet kiddos, letting me read and write and dance and love.

My body has nothing to do with my competence, my ability to show love to others, and really to love myself.

It's okay to feel this feeling. Don't rush it. Explore it (however long it takes), but don't let it take root and guide what I do next. Don't reminisce or hang out longer than necessary unless it helps to release it. Remember the truth, my truth. I am okay (even if I don't feel like it), and this feeling (like all the others before it) will pass. Take the next breath. Notice the release of tension. Just the next breath.

Remember of all the things my body allows me to do. It's amazing what our bodies can do. I grew my son in my belly and I should be proud of what a miracle that is. All of our bodies are a miracle and we should embrace them no matter what shape or size.



You are enough...

I am worth so much more than how my body looks from the outside. I'm a kind, loving, intelligent, passionate woman and whatever may be bothering me about my body isn't greater than who I truly am.

In the grand scheme of everything that has happened to me, this just does not matter at all. I want to remind myself that I am just focusing on this body stuff, because it is easier than focusing on the harder emotional things.

This too shall pass. Thoughts fly in and out of my head a million times a day, and they're not significant, they're just thoughts. If I don't give myself the time to dwell on them, then they have no power. Fear = thoughts + time; remove one thing from that equation and it no longer works.

My size doesn't MEAN anything. It doesn't say anything about my personality, how beautiful I can feel, or how much people will accept me.

My body is a tool that allows me to do all the stuff I love to do and am good at - to dance, sing, play music, laugh, stretch, craft, and so on. I live in my body but I am so much more than my body. My self-worth does not depend on its size/colour/texture/consistency. It's OK not to love it all the time, but I can still treat it with kindness and respect.

Feel the feeling and let it go. One of my favorite nuggets from the book "The Peaceful Warrior." Acknowledge the feeling and/or thought and then dismiss it and move on.

There is soooooo much more to my life than how I look. Get over it! It's a social problem!!!

There's so much more to us than our bodies and how we look compared to our society's norms or ideals.

Everything is temporary. It will pass. There are always ups and downs, but I need to believe that I will find a way to work through it. I'm stronger than I think I am when I'm at my weakest!

Embrace the feeling (5 seconds max), crumble it up, and throw it out! Ain't no one got time for that kind of negativity! I will remind myself that I get to open my two eyes every morning to hear my husband say "Good Morning Beautiful!" and that I can put my two working feet and legs on the ground and am able to let them take me wherever the heck I want to go! Life is so much more than what my body type is for the day.

I want to remind myself of the two beautiful children that my beautiful imperfect body made. They are straight perfection and my body cares for and protected and fed them!!

Be kind...

My body is working for me - we're not at war and it's not trying to harm me! I need to keep loving and caring for myself.

I am worthy of respect, love and affection no matter what shape /size I am. I tell myself this in a ridiculous Scarlett O'Hara accent: "TOMORRAH IS ANOTHA DAY."

My body is the instrument through which I live - through it I love and work and laugh and kiss and sigh and cook and give andendlessly. It does that not matter how it looks. I want to remember how lucky I am that I have my body and can do all of those things.

This body has climbed mountains, has ached, healed and grown. This body carries is my temple, it will be my companion for the rest of my life. This body is mine! It has loved, ran and comforted. My body is capable of great things that I might not be able to see right now, but for more wisdom I just need to look back. Look back to yesterday where my body shook with laughter, the week before where my feet ran through wind, rain and mud, last year where I stood on mount Kilimanjaro and looked at the sunrise with the eyes that are in that same body.

This body is a vehicle for what REALLY matters: my essence, which is what lasts and what actually enriches the world. My goodness, passion, love, curiosity- those qualities, not the shell that carries them.

Think of everything your body can do... You can play with your kid, you can hug your loved ones, you can run, you can sing, YOU ARE ALIVE!!! Love yourself no matter what! Suck it in sister!

I give myself permission NOT to be perfect and instead be kind to myself. It's okay to feel the feelings, to have a big ugly cry, and then give internal hugs to the parts of me that are hurting and sad.

God created this incredible and amazing body with love. It functions scientifically, moves freely, has nurtured and given life to a beautiful little girl and houses my unique essence and spirit. HE is a compassionate father who wants me to love not just my neighbours but myself as well.

My body has loved me - forgiven me even when I reject it. It is time to show it my gratitude for taking care of me and allowing me to experience all the wonderful things in life. Gratitude, compassion -love

I'm trying to protect myself... It's ok. Get some rest and things will feel different tomorrow.

That no matter the shape of my body, my cherished eye-to-eye smile will always be there and ready to radiate. And in the end, I rather people know me for my personality instead of my body's appearance.

Feelings come and go...

It's OKAY not to like every part of my body, but I can still love my body. That "punishing" it will not make anything better, on the contrary! I'll tell myself that today, it's even more important to nourish my body and soul and to treat it with all the kindness I can bring up.

It's ok... Everything is going to be OK!!

I've been in a hell of a lot worse shape than I am today, and it is getting better all the time.

I will remind myself it will pass. I will make an effort to keep busy with other things to take the focus off me. It's only in my head.

I need to remember that my daughter is watching me and learning how to love her body based on how I treat my body.

That this isn't what matters. What matters is how I treat myself and others. If I had kids I wouldn't want to set that example.

You had two beautiful children with that body! You're strong and more than your figure.

Feelings change and they pass. Just because I am feeling bad about my body today doesn't mean that there's anything actually wrong with my body. My feelings just are where they are that day. Tomorrow, the next day, I already KNOW I will feel differently. And to just be kind to myself as I move through the feelings I am experiencing in that moment.

Remind myself that my body is my vehicle but not my content. It helps me achieve things but it is not an achievement in itself (or lack of an achievement). I am my kindness, intelligence and creativity.

I don't have bad feelings about anyone with any body shape that I see. I see confident bigger (or even smaller) women and do not see their shapes, just the confidence they exude. I need to remind myself that confidence and how I feel about my body is how others will see and feel about me.

Quite simply that I am SO much more than my weight. I have so many strengths that cannot be reduced to my body weight. When I really stop and remind myself of this it makes it so much easier to tap into who I really am and crowd out the rest xx

That I can unwind the thought and label it, and feel it, and talk about it, and accept it, and as Summer Innanen says, then move the hell on! I've got bigger shit to do.

It won't last -odds are tomorrow I'll feel better and if not perform some type of self care like a pedicure, taking a bubble bath or just taking a day to wallow in it and veg out to Netflix

Move on...

This is just a fleeting mood and there is likely something different lurking behind it, and maybe I should take a breath and be more introspective. I will think of 3 positive things about myself, my life or my day that day to remember that I am a good person with a great life.

I am beautiful no matter what kind of body day I am having - the outside doesn't matter. It is truly the inside that matters most: striving to be my best self and put my best foot forward, whether it be in work, my relationships, my attitude, or how I treat others.

I will most likely feel better the next day and my husband, friends, and family love me no matter what.

You are beautiful just as you are right now. You are loved just as you are right now. You are enough. You are perfectly imperfect, Thank goodness.

I am so much more than my body. Once, a long time ago, someone told me she couldn't think of anyone who didn't like me, and it was because of the way I am not how I look. I always try to remember that.

I AM ENOUGH!

I am enough, imperfections included, and that I absolutely deserve love. And ice cream. All of the ice cream.

There are NO bad bodies. ALL bodies are GOOD bodies. All bodies are prone to change and that is normal.

It's ok to feel down. But I also want to tell myself how proud I am of who I have become. Of living life despite what my body looks like. Of being loved by beautiful souls that look beyond past my aesthetic and see me as a whole human being. That worrying about my body is an obstacle that does not allow my life to be lived to the fullest potential and that I know I can go past that obstacle. So I can go do things that matter to me, to the world. That make myself happy. I can do all of this despite what I look like.

I need to be okay with the way it is and not try to control how I feel about myself in every situation. I will avoid social situations because I don't feel good enough. I need to start thinking they choose to be around me because of me not how I feel about myself and my shape.

My life is full and I am happy. I'm blessed with many true friends and have an incredible career. Why focus on the negative when I have so much positive in my life.