



YOU GO GIRL!

ACCEPTING YOURSELF

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WORDS MATTER

We're all flawed.

But we all are still Fierce and Fabulous.

We just need a reminder occasionally (ok...DAILY!) of how fierce and fabulous we really are because those words we whisper to ourselves every time we look in the mirror or catch a glimpse of ourselves in a reflection or have mercy...we see ourselves in a picture are cruel, painful, and untrue.

Here's a list of phrases you can say instead of what usually pops into your head. Find your favorite, memorize it, and say it often. Find your top 3, write them down, tape them to the mirror, put sticky notes wherever you will see them and let *those* words be the ones you hear.



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BETTER WORDS

Instead of:

Say This:

My skin is wrinkled

I've experienced joy & laughter

I wish I was skinnier

I will work toward healthier

I'm ugly

I love my entire body

I'm too short/tall

I am created perfectly for me

No one will ever love me

I attract love

I'm not pretty

I am worthy of anything I desire

I look awful

I am beautiful

Each day, say this affirmation out loud 3 times:

I choose to be happy today!

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