

Learn to Love Your Body in Just 21 Days

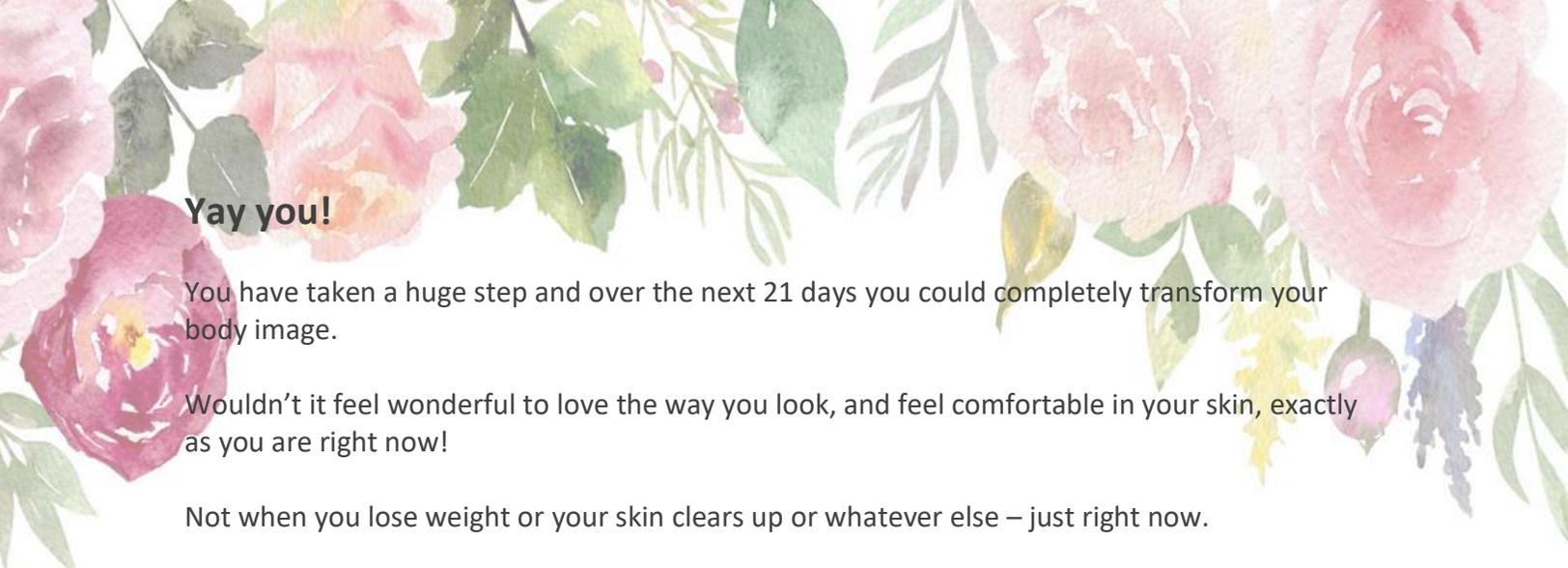


Mind Body Education Pty Ltd.



www.mindbodyeducation.com.au





Yay you!

You have taken a huge step and over the next 21 days you could completely transform your body image.

Wouldn't it feel wonderful to love the way you look, and feel comfortable in your skin, exactly as you are right now!

Not when you lose weight or your skin clears up or whatever else – just right now.

How good would it be to just lose all the negative feelings, shame and self-criticism associated with having a bad body image.

Your body is amazing! It carries your beautiful soul through this journey called life. It is surly time you learned to love it.

Some of the tools we are going to use are Affirmations, Journaling and Gratitude.

So, let's not waste any more time!

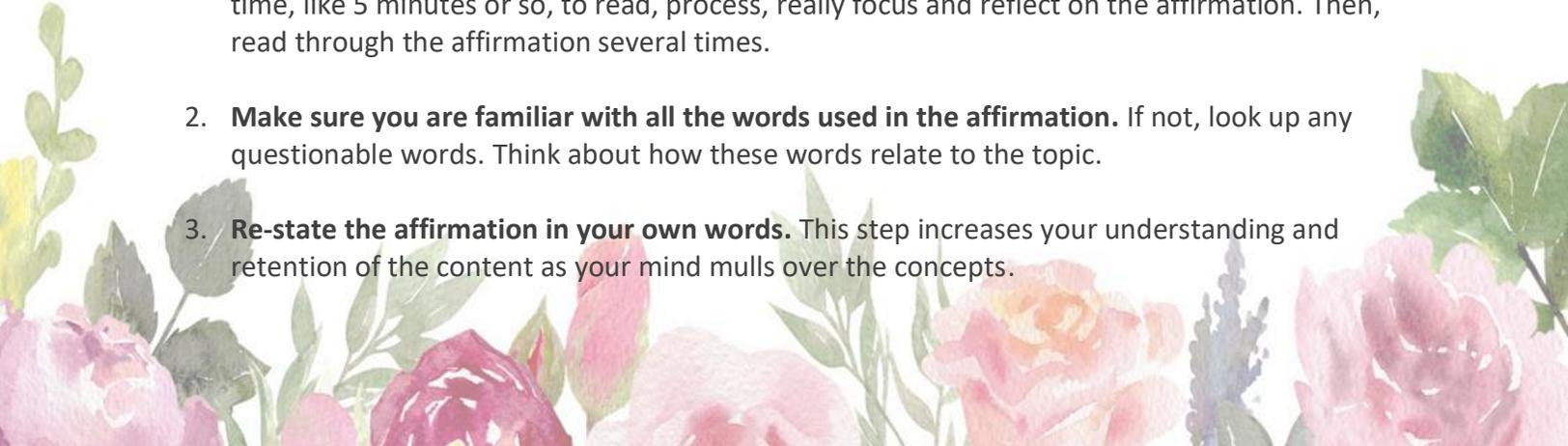
Affirmations

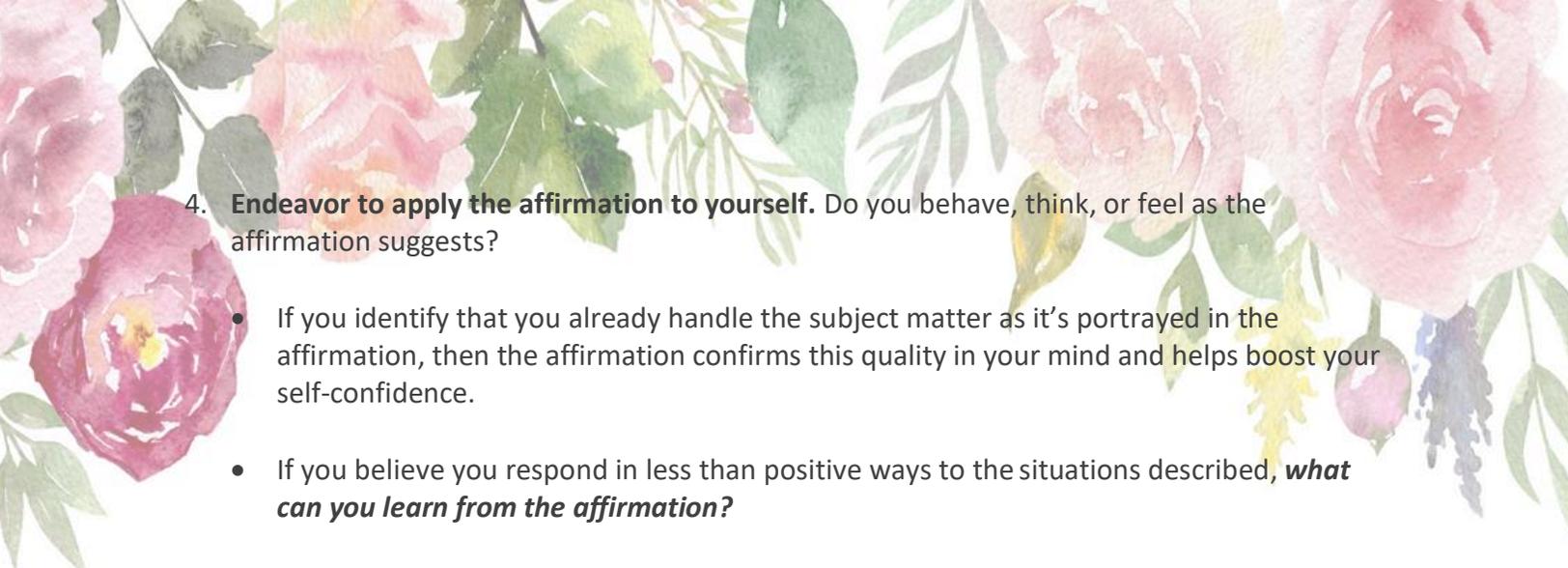
You've probably seen affirmations in books or online and perhaps even tried repeating them for a few days without seeing much in the way of improvements in your life. Wouldn't it be great if you could experience more positive personal changes from affirmations?

Making affirmations work for you starts with a clear understanding of what they are:

An affirmation is a positive statement written as if you are saying it, (like in the first person: I and me) and ***addresses a personal characteristic you may have, wish to have, or want more of.*** Many affirmations also include content that prompts your mind to ponder the characteristic in self-reflection.

This process will help you experience the greatest benefits from using affirmations:

1. **Make an effort to clear your mind before reading an affirmation.** Ensure you have enough time, like 5 minutes or so, to read, process, really focus and reflect on the affirmation. Then, read through the affirmation several times.
 2. **Make sure you are familiar with all the words used in the affirmation.** If not, look up any questionable words. Think about how these words relate to the topic.
 3. **Re-state the affirmation in your own words.** This step increases your understanding and retention of the content as your mind mulls over the concepts.
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4. **Endeavor to apply the affirmation to yourself.** Do you behave, think, or feel as the affirmation suggests?
 - If you identify that you already handle the subject matter as it's portrayed in the affirmation, then the affirmation confirms this quality in your mind and helps boost your self-confidence.
 - If you believe you respond in less than positive ways to the situations described, ***what can you learn from the affirmation?***
 - Reflect on the positive methods in the affirmation to help develop those methods in your own life. ***Strive to apply the information in similar situations in the future.***
 5. **Recognize that an important function of an affirmation is to encourage you to look within yourself.** Effective affirmations usually state you're skilled at something or can emotionally deal with situations in healthy ways.
 6. **Achieve self-improvement with affirmations.** For people who seek to live the most fulfilling life possible, affirmations can provide an endless array of self-improvement topics upon which you can reflect.
 - Affirmations confirm the great qualities you already have and help you develop and strengthen the characteristics you want to add to your repertoire.
 - ***The combination of self-reflection and repetition enables the affirmation to reach your sub-conscious mind and changes your beliefs and actions, one thought at a time.***

When you use these strategies, you'll not only discover new knowledge while reading affirmations, but you'll also learn to apply the new information in your own life in ways that strengthen and benefit you.

There is a list of affirmations toward the end of this book. Every day for the next 21 days, print or write one of the affirmations on a piece of paper and carry it with you wherever you go.

Put it where you can see it on your desk.

Keep it in your pocket.

Look at it as often as you can and repeat the affirmation over and over throughout the day.

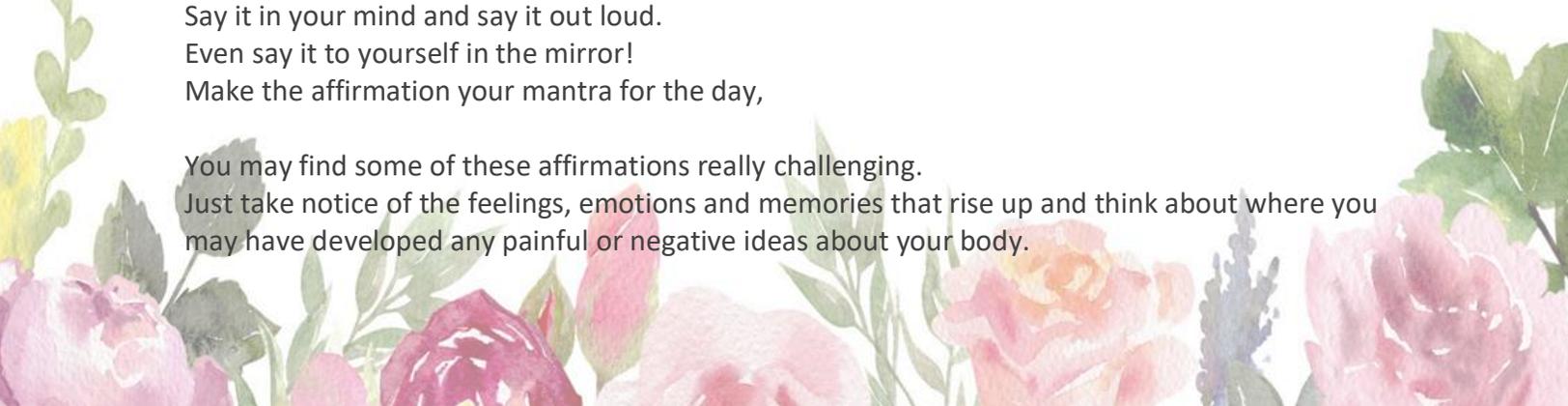
Say it in your mind and say it out loud.

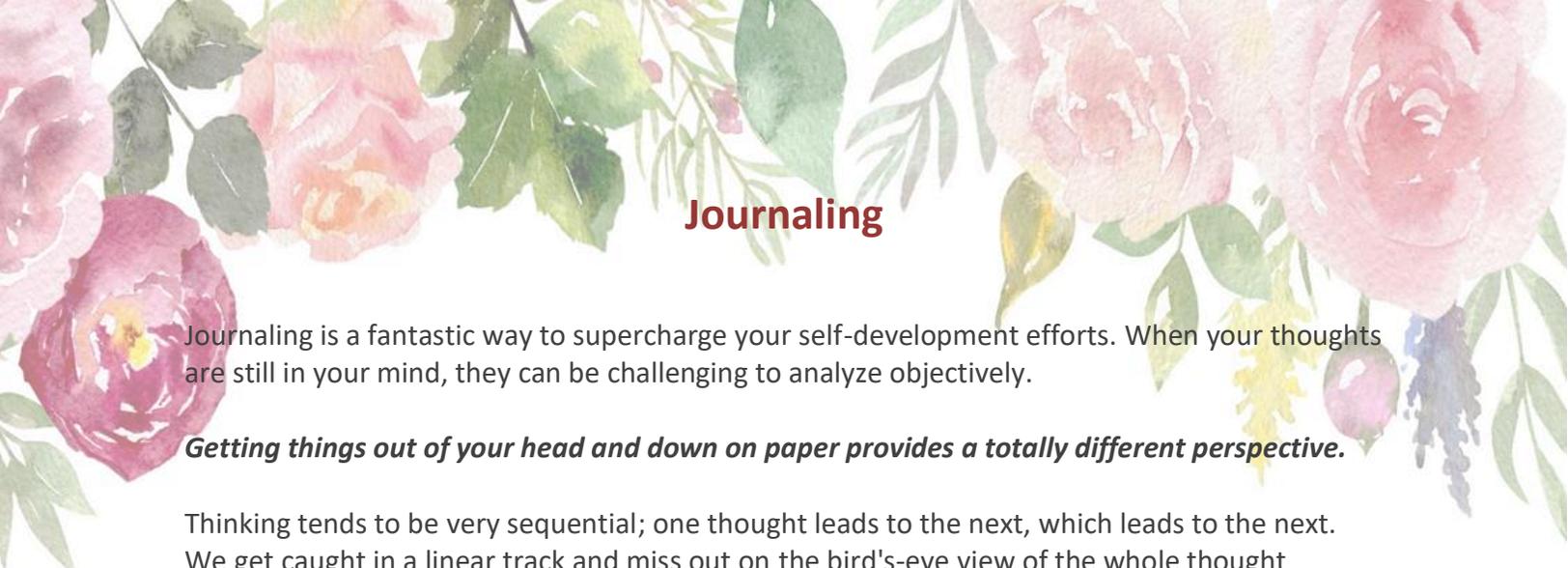
Even say it to yourself in the mirror!

Make the affirmation your mantra for the day,

You may find some of these affirmations really challenging.

Just take notice of the feelings, emotions and memories that rise up and think about where you may have developed any painful or negative ideas about your body.





Journaling

Journaling is a fantastic way to supercharge your self-development efforts. When your thoughts are still in your mind, they can be challenging to analyze objectively.

Getting things out of your head and down on paper provides a totally different perspective.

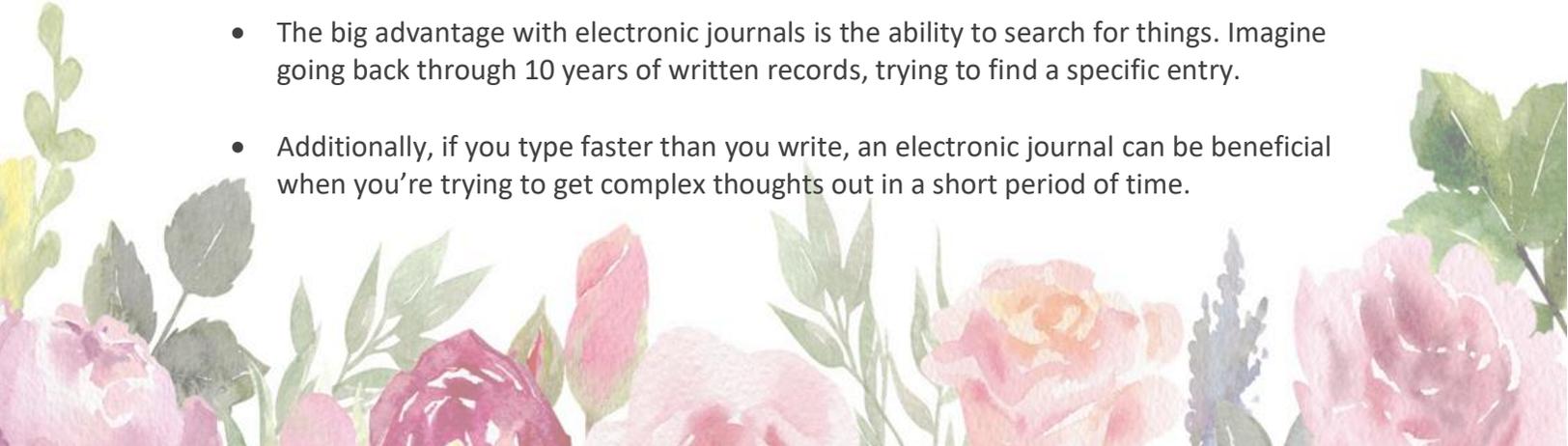
Thinking tends to be very sequential; one thought leads to the next, which leads to the next. We get caught in a linear track and miss out on the bird's-eye view of the whole thought process. With journaling you gain the ability to see things from a third-person view versus a first-person view.

Three Great Benefits of Journaling

1. **Solve complex challenges.** *When you write the issue at hand down on paper, the solution for a complex challenge often suddenly becomes obvious.* The ability to re-examine the issue from a third-person perspective can make all the difference.
2. **Increase clarity.** One of the best times to lean on your journal is when you're filled with uncertainty about what action to take. Many things become clearer when you can get them down in writing.
3. **Validate your progress.** Sometimes we feel like we're spinning our wheels and not making genuine progress. When you're feeling this way, go back and review your old journal entries. You'll be amazed at how much progress you've made since then. And you'll also probably realize that you're taking huge strides right now, too!

How to Start a Journal

You might envision creating a journal in a one of those blank books you can pick up in the bookstore. While this option certainly has a romantic feel to it, ***you might want to consider keeping an electronic journal.***

- Electronic journals can be essentially free; you could start a blog on a free website or simply use your word processing program.
 - The big advantage with electronic journals is the ability to search for things. Imagine going back through 10 years of written records, trying to find a specific entry.
 - Additionally, if you type faster than you write, an electronic journal can be beneficial when you're trying to get complex thoughts out in a short period of time.
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Habit-forming: Make Journaling a Daily Activity

Even if you think there aren't enough interesting things happening in your life on a daily basis to bother recording them, don't let that deter you. New habits are much easier to implement if the activity is performed on a daily basis. Even getting down a couple of sentences every night is a great idea. You'll be surprised how often you'll write much more.

This practice can even help make your life more exciting and fulfilling. Just knowing that you have to journal each night may compel you to make your life a little more adventurous, just so you have something interesting to write. Try it! During the day, you'll notice that little thought in the back of your mind wondering what you can write about tonight.

Get started with your journal today. It's an activity that has little to no cost but provides numerous benefits. You'll see your clarity increase and have a much better sense of just how much progress you really are making in your life. Start journaling today and watch your self-development take on a new perspective.

1. Write down any thoughts, feelings, memories, ideas and goals you have in relation to your body image.
2. Consider your relationship with your body.
3. Think back to your early relationship with your body.
4. Can you remember when you began to develop an awareness about body image.

Gratitude

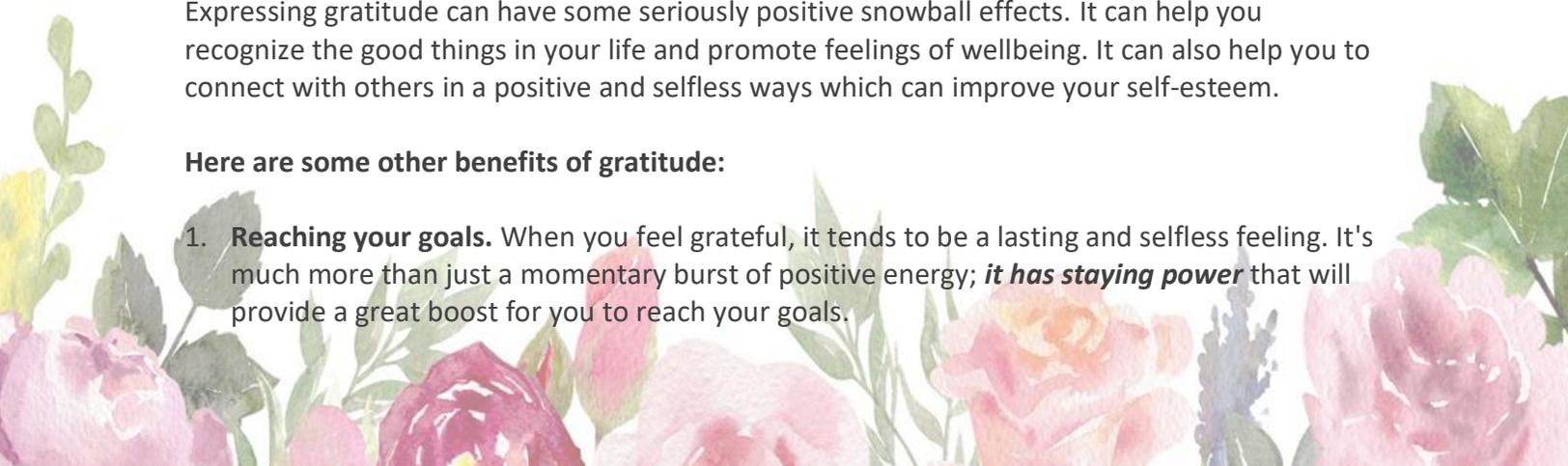
Showing your gratitude can be a great way to spread positive feelings in the world around you. When you think about it, ***reaching your goals starts with a single positive thought.***

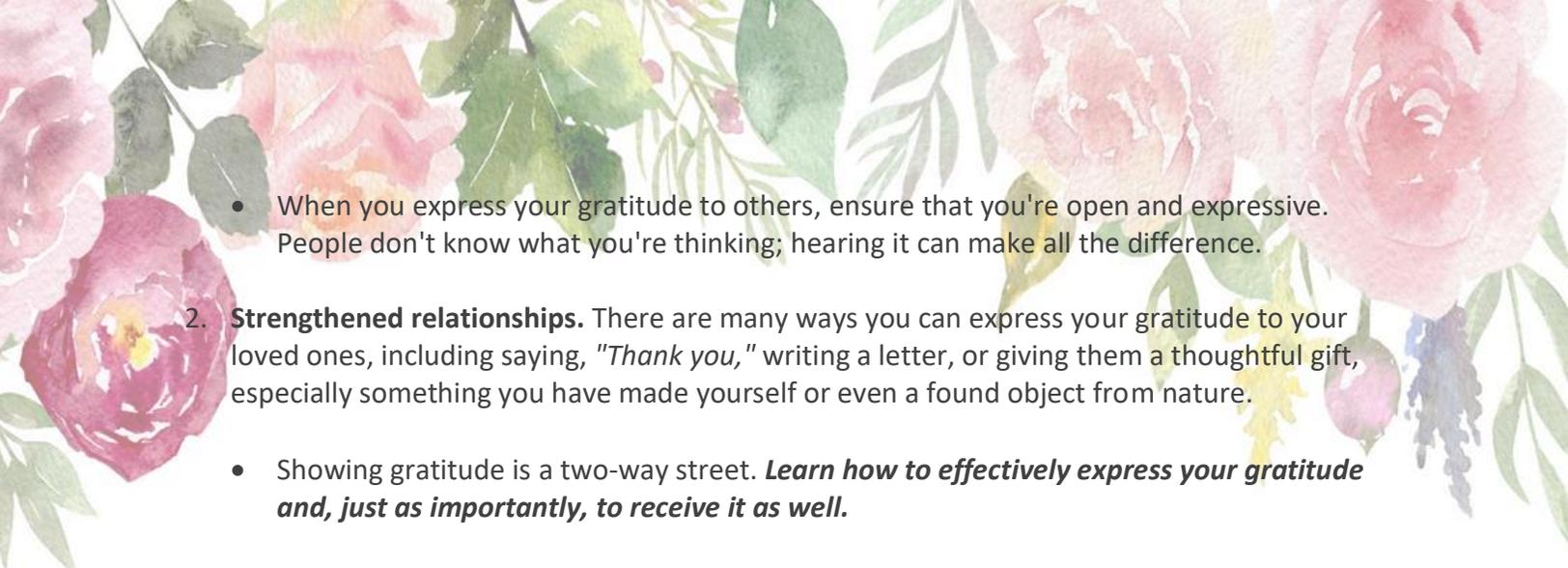
How do you feel when someone sincerely expresses his or her gratitude to you for something you did? Doesn't it make you feel good about yourself? These positive feelings can lift you up, boost your enthusiasm, and motivate you to achieve even more.

Feeling grateful for what you have can produce the same good feelings and sustain your drive toward your goals.

Expressing gratitude can have some seriously positive snowball effects. It can help you recognize the good things in your life and promote feelings of wellbeing. It can also help you to connect with others in a positive and selfless ways which can improve your self-esteem.

Here are some other benefits of gratitude:

1. **Reaching your goals.** When you feel grateful, it tends to be a lasting and selfless feeling. It's much more than just a momentary burst of positive energy; ***it has staying power*** that will provide a great boost for you to reach your goals.
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- When you express your gratitude to others, ensure that you're open and expressive. People don't know what you're thinking; hearing it can make all the difference.
2. **Strengthened relationships.** There are many ways you can express your gratitude to your loved ones, including saying, "Thank you," writing a letter, or giving them a thoughtful gift, especially something you have made yourself or even a found object from nature.
 - Showing gratitude is a two-way street. ***Learn how to effectively express your gratitude and, just as importantly, to receive it as well.***
 3. **Improved communication.** Gratitude can mean better communication all around. By expressing your gratitude to strangers, they'll be more likely to show an interest in helping you, too.
 - Gratitude is such a powerful entity that it can even help you communicate with your pets! They should be appreciated too.
 4. **More effective constructive criticism.** No matter how we express constructive criticism, it often makes the recipient defensive or even angry. No one likes a blow to the ego. In this situation, a grateful attitude can take you a long way. You can express criticism quite effectively when you also ***emphasize what you appreciate about them.***
 5. **Preserving memories.** You can preserve memories in a positive way when you keep a gratitude journal. You'll be able to enjoy your memories again and again when you read about these happy times in the future.

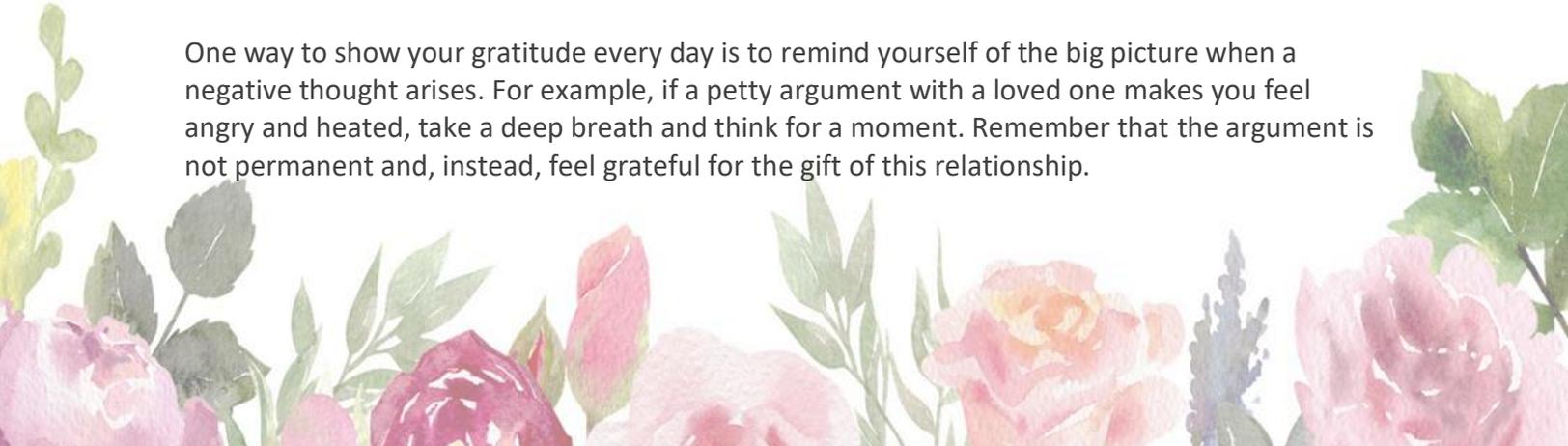
Try writing down between five and ten things you are grateful for in your journal every evening.

Show Your Gratitude Every Day

Showing gratitude to others may seem like a selfless act, but it's something that you also benefit from. ***When you show your gratitude every day, you change the way you think.***

You'll appreciate and enjoy your life a lot more when the majority of your thoughts remain positive. Negative thoughts can sometimes be overwhelming, and just because you have them doesn't mean you're a bad or weak person. They happen to everyone, but you can strive to keep them to a minimum with the help of a grateful attitude.

One way to show your gratitude every day is to remind yourself of the big picture when a negative thought arises. For example, if a petty argument with a loved one makes you feel angry and heated, take a deep breath and think for a moment. Remember that the argument is not permanent and, instead, feel grateful for the gift of this relationship.





Affirmations

You can print and cut out the affirmations, or just write them down on a piece of card or paper.

Having a healthy body image comes naturally to me.	Feeling positive about my body is normal for me.	I naturally love and accept my body.
Having a healthy body image improves the quality of my life.	I deserve to be confident and happy.	Self-acceptance comes naturally to me.
I find it easy to think positively about my body.	People are drawn to me because I am confident in the way I look.	I have a healthy body image.
I accept myself completely.	I am thankful for my body.	I am building a positive body image.
I am confident and comfortable with the way I look.	I am beginning to accept myself more and more every day.	Each day I look and feel better about the way I look.
I am overcoming negativity and building a positive attitude towards myself.	I am beginning to feel completely content with the way I look.	I am becoming so much happier with my body.
I feel love and gratitude for my beautiful body.	I am finding it easier to feel confident in the way I look.	I will always have gratitude and appreciation for my body.



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