

HAPPINESS WITH MY BODY RESULTS FROM INNER SELF- LOVE.

I treat my body with the respect it deserves. It makes me happy in whichever shape or size it is because it is a temple for my heart, soul, and mind. *I love my inner self and that overflows to my exterior being.*

Positive feelings pour out from my heart. Feelings like envy and hate are expelled and allow me to live with a free conscience. *Being free of unhealthy feelings allows me to experience happiness.*

I spend time nourishing my soul through meditation. Each morning I repeat affirmations that remind me of my worth.

Positive self-motivation gives me the confidence to tackle challenges and win. My ability to succeed is a reminder that I am valuable and worthwhile.

Knowing that I am inwardly strong and significant contributes to me feeling happy with myself overall.

How I look on the outside is insignificant because I am undefinable by my physical appearance. My ability to live beautifully comes from within.

I spend my days crafting my inner self into a wholesome and lovely character. Doing so has an impact that is more far reaching than my looks.

Today, the love that I feel for myself on the inside drives how I feel about my exterior. I commit to spending my time developing positive inner traits that are able to impact the world. Being a blessing to the world comes from having a beautiful soul.

SELF-REFLECTION QUESTIONS:

1. How important is taking care of my body to achieving and maintaining self-love?
2. What are some of the things I do to ensure that I remain positive?
3. How do I restore my self-confidence after it is damaged?