

# 16 Ways to Love Your Body

*And escape the self-defeating diet-binge cycle for good*

- 1. Cultivate an attitude of gratitude:** Remind yourself of the people and things that make you feel grateful.
- 2. Develop your compassion:** Try to be kind to yourself and others.
- 3. Get outraged to get motivated:** check out [www.aboutface.org](http://www.aboutface.org) to see just how soul-destroying advertising can be.
- 4. Reward yourself:** Develop a list of non-food rewards and honor yourself liberally.
- 5. Empower yourself:** Remember each of us is responsible for the life experience we create.
- 6. Celebrate you body right now:** What is beautiful about it? What is your best feature? Let how you feel about your best feature inform the areas you don't feel so good about
- 7. Trust yourself:** You know who you are and what to do to let your truest self shine.
- 8. Be a flexible gatekeeper:** can you eat and care for yourself in a loving way that allows for everyday health and occasional healthy splurges?
- 9. Cultivate positive thoughts:** when you notice a judging or negative thought, can you turn it around and make it a positive one?
- 10. Nurture yourself:** What can you feed your body and your soul and your spirit to let it grow.
- 11. Relax:** Take one-minute or even a five-breath pause though the day to center yourself and release tension.
- 12. Nice n'easy:** Make small easy changes, and over time you'll see big results.
- 13. Be yourself:** Avoid adopting habits that you just don't like to do – you can find enough things you enjoy to make the difference.
- 14. Connect:** Cultivate positive relationships with family and friends.
- 15. Celebrate your uniqueness:** There has never been another being just like you, and there never will be again.
- 16. Develop your strengths:** what do you feel passionate about? How can you bring more of it into your life?

Learn more at [www.anniebkay.com](http://www.anniebkay.com)

*Ideas for the art  
of healthy living*