

MY Body Acceptance MANIFESTO

Body, more than anything, you must know you are both beautiful and *enough*. Exactly as you are, in this very moment.

The only words deserving of you come from a place of admiration and appreciation. Disgust, hate and fat have no place for you.

I *wholeheartedly* believe you are beautiful. Negative judgements - from others or my unconscious self - do not reflect you. I promise another perspective will not be given the power to undermine you.

I know that scales don't define your worthiness. You are filled with an abundance of warmth, compassion and *love*. No number changes that.

I accept you will change, and that you will wrinkle, expand and sag. But know this will never change your beauty, nor how I feel about you.

I am aware there will always be slimmer, taller and more defined bodies than you. Yet your beauty is unique, and can never be diminished by the presence of another.

I commit to always being *grateful* for you, as you exist to always support and look after me. My words cannot express how much I admire you, or how thankful I am to have you.

I choose to feel pride and *joy* when sharing you. I will not hide you, or feel ashamed by you, when being with another. It is a privilege to give them the opportunity to admire and cherish you, exactly as I have learnt to.

Nutritious eating, regular exercise and adequate rest are not only aspirations for you. They are each daily practices. It is both my responsibility, and my privilege, to respect and *nourish* you.

Yet the greatest gift I can give you is my unconditional love. A love that supports you into becoming the best and healthiest version of you.

Although you may not be there yet, my admiration for you now is possible because I understand you are both a work of *art*, and a work in *progress*.
Just as I am, too.

Body, I love you. All of you. Truly, deeply, *unconditionally*.