

30 Mindful Days of Loving Your Body



S	M	T	W	T	F	S
1 Pick one thing you love about your body	2 Practice positive thinking	3 Compliment someone today	4 Tell yourself you are amazing	5 Change negative thoughts to positive	6 Do something that makes you feel good	7 Pay attention to friends who body bash
8 Pick one good internal quality you have	9 Wear your favorite outfit	10 Notice media images which portray unrealistic people	11 Compliment a stranger today	12 Do something nice for yourself-take a bath or meditate	13 Practice motivation and positive talking with a friend	14 Make a list of 10 things you like about yourself
15 Focus on your self-confidence, acceptance and openness	16 Over-power negative thoughts with positive ones	17 Correct a friend who is body-checking	18 Listen to your body's internal signals	19 Treat yourself to your favorite food	20 Do something nice for someone today	21 Energize your body by soaking up the sun for 15 minutes
22 Pay attention to when you body-check today	23 Exercise a new part of your body	24 Take time to notice something ordinary	25 Don't weigh yourself today	26 Stretch for 20 minutes today	27 Don't gossip or complain	28 Surround yourself with your best friends today
29 Smile more today	30 Educate someone else on what body-checking is					