Love Your Self!

Switching from harsh criticism to positive appreciation ☺

Are you your own worst enemy? Are you your biggest critic?

Don't allow harsh and unhelpful criticisms and overly negative thinking make you feel bad about yourself. You wouldn't say these things to your friends so don't say them to yourself. **Stop focussing on every little imperfection and instead positively appreciate yourself.**

"You are imperfectly, permanently, inevitably flawed. And you are beautiful"- Amy Bloom

Typical Self-Criticism I don't like my…………..	Positive appreciation for myself I love this about myself because -
E.g.: I don't like my crooked nose	E.g.: I love my crooked nose because it reminds me of my dad who also has a crooked nose
E.g.: I wish I was thinner	I love the fact that I am a healthy weight, and I can eat what I want within moderation

To stay on track of appreciating your body try following body positivity Influencers on Instagram:

@bodyposipanda
@mikzazon

This resource was designed by Maisie Sampson. Maisie is my Girl's Network Mentee @maisiexsampson on Instagram

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@thebirdspapaya
@bryonygordon

1, 2, 3 - I LOVE ME
It's all about celebrating you so embrace the things that make you, you.

You are like a Unicorn.
You are unique, magical , precious
And everyone wants to be one!

List 3 things you're proud of yourself for…

Name 2 ways in which you can care for yourself…

Choose 1 mantra to remind yourself of daily or come up with a quote of your own. Write your quote here and put this piece of paper somewhere you will see it often. **Or take a photo of it and use it as your screensaver!**

Example Mantras:

I am Strong, I am Beautiful, I am Enough!

Take care of your body as it's always going to be home

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