

# Cultivating Positive Body Image

Journaling can enhance our body image by helping us recognise our current perceptions and identifying the necessary steps to improve our mindset toward our bodies. Grab a notepad and write freely, giving yourself time to dig deep for each statement, using the following journal prompts:

I am grateful that today my body helped me...

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When I think of my body, the first thought that pops into my head is \_\_\_\_\_ because...

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I'd like to improve how I see and treat my body because...

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I feel best in my body when...

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I feel worst in my body when...

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If my body were my best friend, I'd treat it with...

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The next time body-bashing thoughts overwhelm me, I will soothe myself by...

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The most important thing I can ask my loved ones to do in supporting my body image is...

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Today, I can boost my body image by doing this one small thing...

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Now you've finished these prompts, have a think about how you can integrate what you need to improve your body image into your life. This might be switching up social media, speaking to your loved ones, throwing out some old clothes, or simply taking some time for yourself.

Positive body image will help to motivate you on your weight loss journey by improving the way you think of yourself and what you deserve