

# 10 STEPS TO BECOMING MORE BODY POSITIVE

1. **Appreciate all that your body can do** - celebrate all of the amazing things your body does for you - breathing, laughing, running, producing life!
2. **Keep a top-ten list of things you like about yourself** - it's not all about what you look like .Keep adding items to your list and read it everyday.
3. **True beauty isn't on the outside** - beauty is a mindset. When you feel good about who you are, your self esteem and confidence shines through, which is beautiful.
4. **Look at yourself as a whole person** - when you see yourself in your mind or in a mirror, don't focus on any specific part, but you as a whole person (which is how others see you!)
5. **Surround yourself with positive people.** It is so much easier to feel good about yourself and your body when you are surrounded by a supportive network, who realize the importance of liking and accepting yourself.
6. **Learn to eliminate negative thoughts and self talk** - the next time you start to talk negatively about yourself, stop! Use positive affirmations to reinforce good feelings.
7. **Wear clothes that make you feel good about your body** - you've got to work with your body, not against it! Be comfortable in your clothes.
8. **Become aware of what you're looking at on social media** - if any images or attitudes make you feel bad about your body or yourself, then unfollow, delete, ignore or even report the content. Don't let unrealistic influencers make you feel less than perfect.
9. **Treat yourself** - do something to treat your body. Take a nap, have a bath, meditate, make a smoothie, do your nails, slap on a hydrating face mask. Enjoy!
10. **Be kind to others** - use the time and energy you may spend worrying about food, appearance and weight to do something to help others. It can make you feel better about yourself.



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