





Winning Over The Voice In Your Head



Have you ever realised that we are our biggest critics, especially when it comes to celebrating our bodies and loving them? Let's turn that negative inner voice into supportive chants to feel comfortable in the skin we're in, by following these steps:

-  Fill the left column with five of the biggest criticisms you have against your body.
-  Reframe those criticisms into empowering statements in support of your body.
-  Put these empowering statements some place where you can see them daily.
-  Counter all criticisms successfully and win the reward of a healthy self-esteem!

Your Inner Critic Says	Supportive Chants
e.g. If only I was a size smaller, I would look good.	My body is uniquely mine, with so many great attributes. My size doesn't define me.
I have big arms, I don't like the way they look.	I love my strong arms, they help me in every little thing I do.
<i>Add your own</i>	<i>Add your own</i>