

I speak to my body lovingly

The love of God is reflected in this temple

My body deserves rest

My body is full of life

I am aware of my body's needs and desires

I make decisions that respect and honor my body

My skin celebrates nourishment

I love my body as it is today

I graciously give my body time to adjust

Every inch of me is valuable, important and worthy

I learn from my body

I am a limited edition

I celebrate my body, every dimple, wrinkle and mark

Before anything, my body needs love and appreciation from me

My body is sacred and holy

Period.