

THE BEAUTIFUL BODY CHEAT SHEETS:

*Loving Yourself "As Is"*  
*No exceptions!*



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I want you to look in the mirror... What do you see? Are you picking apart the person staring back at you? Do you hate who you see? Do you love who you see? Think about the emotions you feel when you honestly see yourself...

Why are we so hard on ourselves? Learning to love ourselves "As Is" is hard! But learning to accept ourselves and embrace and love even the things we hate is important! Being confident in our own skin and honestly loving ourselves will make us a better wife, mother, friend, sister, aunt, and daughter!

I used to hate looking in the mirror... I hated that doughty, homely, fat lady staring back at me every morning. I would stare at the mirror criticizing and picking myself to death. My nose is too big, I have too many freckles, my legs look like tree stumps, and my butt is too big... The list went on and on. Finally as I started to be brave... I chose to stare down that woman, starring back at me and I told her to STOP!

I started small by beginning to find small things I liked about myself. I am a good Mom. I am a good Wife. I like my green eyes. Little by little I began to believe myself. I began to realize although my bum might be big it is my bum and guess what I like having a little junk in my trunk! My tree stump legs are crazy strong and enable me to run long distances and power up tall mountains. My freckles are unique and make Me, Me.

By staring down ourselves and looking at the things we hate and forcing ourselves to find something we love about those same things we hate is a challenge that will cause you to learn to love and appreciate yourself.

You've got to learn to embrace yourself and love who you are! We are amazingly unique and beautiful in our way! AS the old adage states and still rings true;



**LEARN TO LOVE YOURSELF "AS IS"**

5 Things I dislike about myself

- 1.
- 2.
- 3.
- 4.
- 5.

Name something that is positive about each of the things listed above

- 1.
- 2.
- 3.
- 4.
- 5.

Ask 5 Friends what they admire most about you...

- 1.
- 2.
- 3.
- 4.
- 5.

**LEARN TO LOVE YOURSELF "AS IS"**

What are your favorite features?

- 1.
- 2.
- 3.
- 4.
- 5.

What are things that make you feel beautiful?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you LOVE most of about yourself?

- 1.
- 2.
- 3.
- 4.
- 5.

How Can I Help Someone Else Feel Beautiful?

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**LEARN TO LOVE YOURSELF "AS IS"**

When I find myself taking smack about myself I will...

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“BEAUTY IS THE  
OPPOSITE OF  
PERFECTION—  
IT'S ABOUT  
CONFIDENCE,  
CHARISMA AND  
CHARACTER.”

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JUST BECAUSE SHE'S BEAUTIFUL  
IT DOESN'T MEAN YOU AREN'T

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**Only 5% of American women  
naturally have the body type  
advertisements portray as  
ideal.**

pinwords

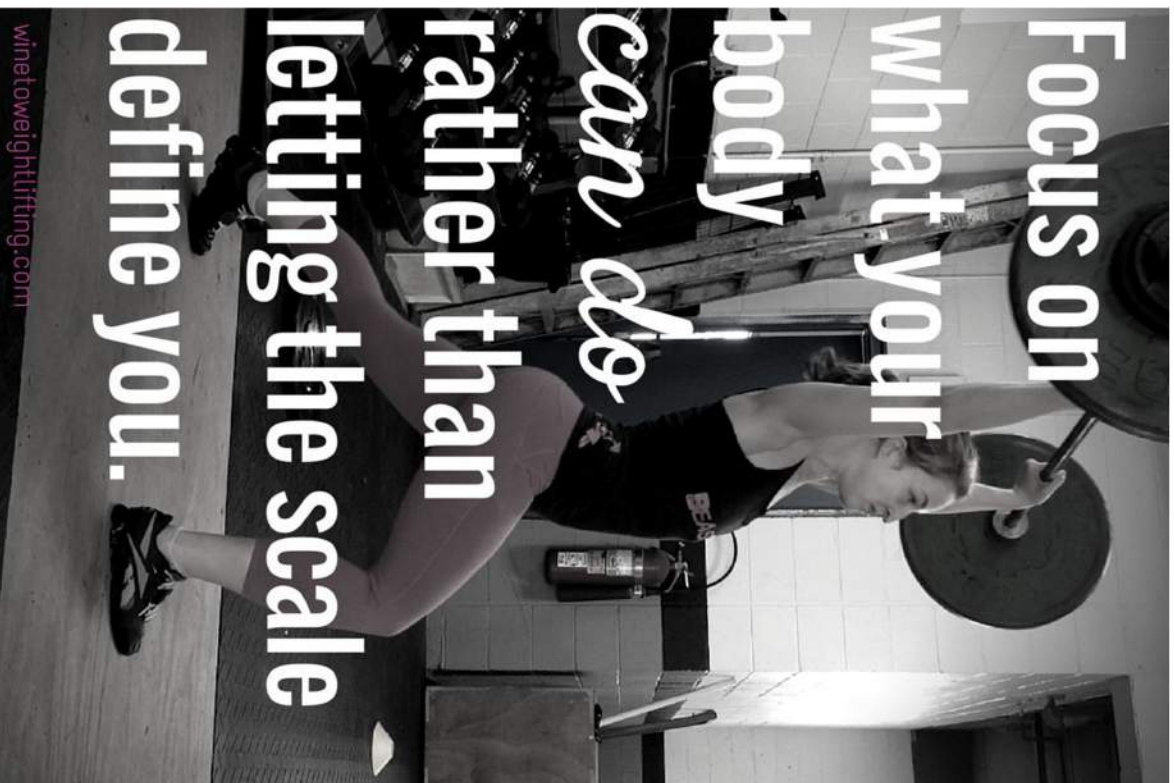
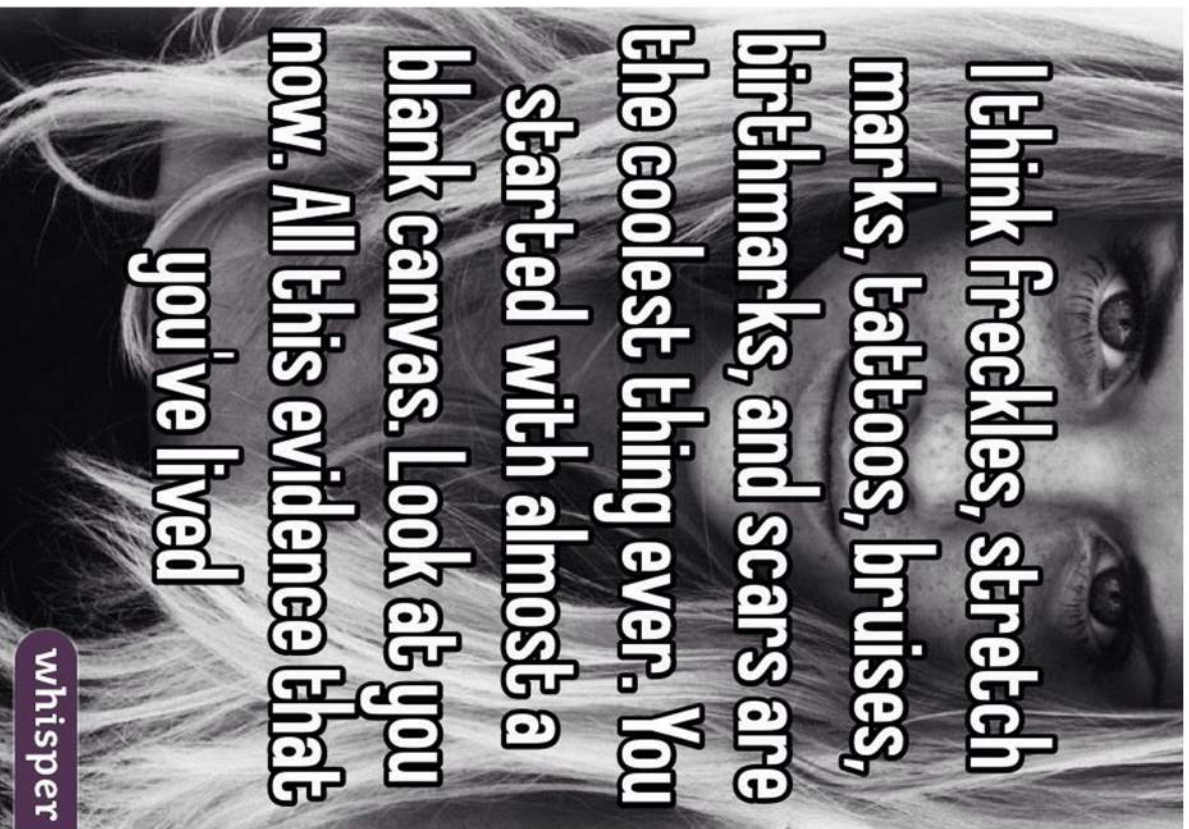
**Self hate  
isn't okay  
at any  
size.**

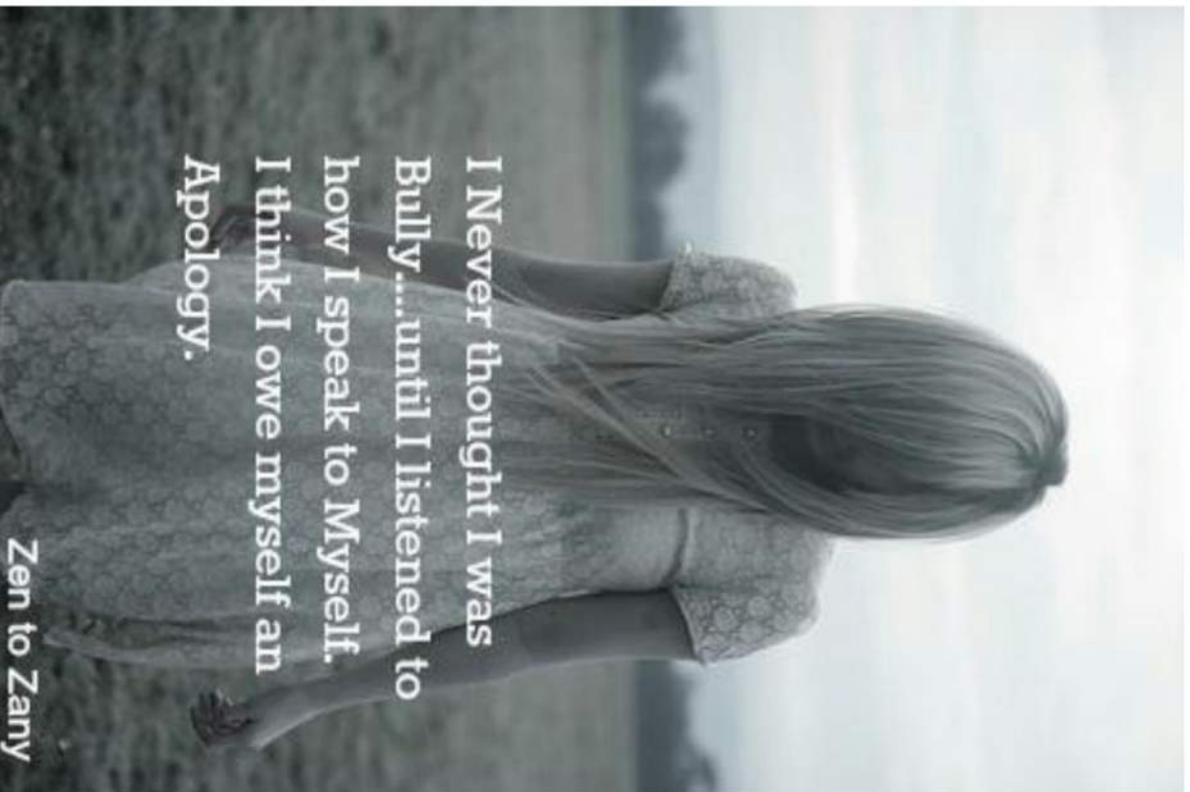
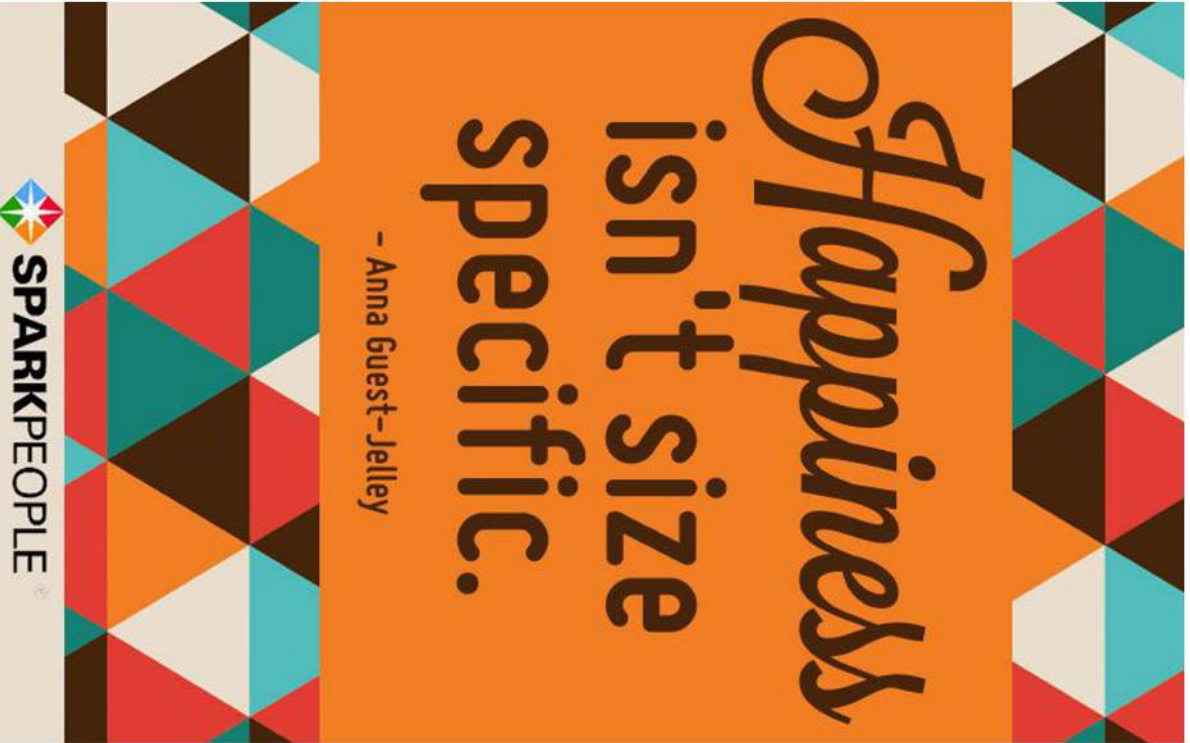
[www.eatmoveinspire.com](http://www.eatmoveinspire.com)

"YOU WILL NEVER  
LOOK LIKE THE  
GIRL IN THE  
MAGAZINE. THE  
GIRL IN THE  
MAGAZINE  
DOESN'T EVEN  
LOOK LIKE THE  
GIRL IN THE  
MAGAZINE."









You are either  
as beautiful  
or as ugly as  
you believe  
you are. You  
define your  
beauty. That's  
not a power  
anyone can  
have over you.



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