



Body Neutral Statements

My body is a fine piece of machinery.

I am amazed at all my body can do.

I appreciate my body for breathing for me.

I allow my body to rest when it asks me to.

My body and I are one team.

I am learning to listen to my body.

From the moment I get up until the moment I go to bed, my body is there for me.

Having a body allows me to feel many emotions, and I appreciate that.

Without my body, I couldn't experience all the wonderful moments that make up life.