



Affirmation Cards

Cut out the cards below and hang them in your closet, on your bathroom mirror or anywhere else you look often.

Know someone struggling with body image?
Send them these affirmation cards for encouragement.



**I will
be kind
to my body**

I will listen
I will listen
I will listen
to my body's needs



I love what

my body

is capable of

My appearance

***doesn't
determine***

how I feel about myself



My happiness

does not rely
on other people
thinking I'm attractive

I am more
than my outward appearance





My body is the
least interesting thing
about me

I will encourage others

to see beyond their
physical appearance