#### **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.

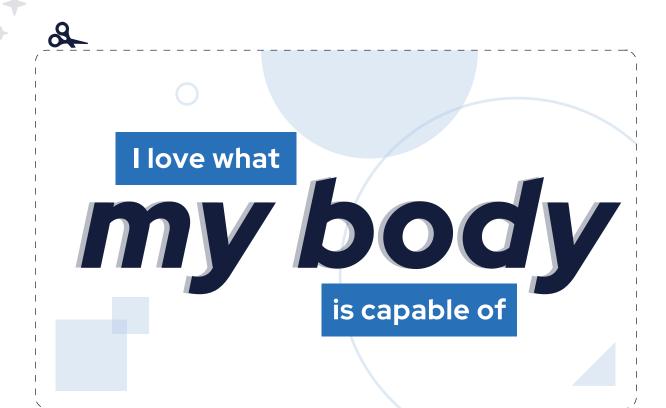




# I will listen I will listen I will listen

to my body's needs





#### 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



