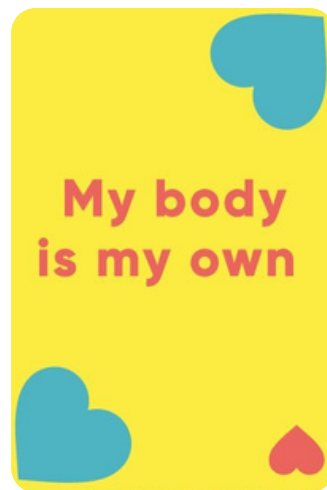
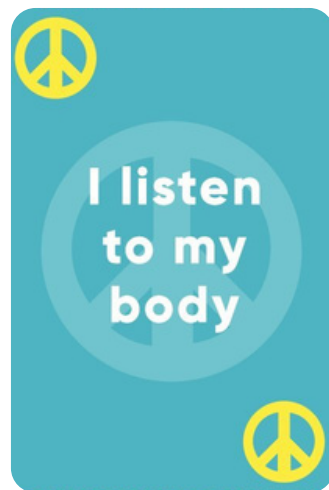
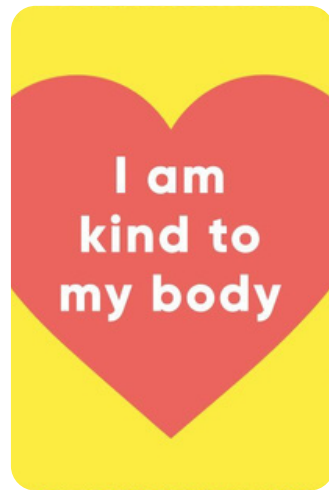
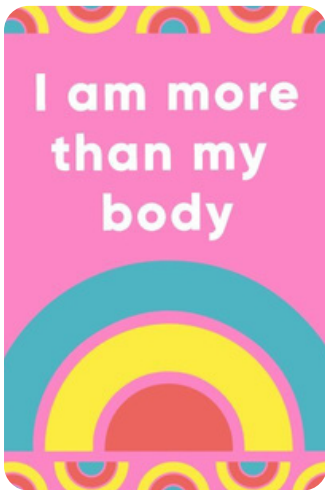






Affirmations can form an important part of your Body Happy toolkit. In order for them to work, you need to be exposed to them regularly, and to use them as interactively as possible.



Activity inspiration:

-  Create your own Body Happy affirmation and turn it into a piece of art.
-  Use an affirmation as the basis of a poster promoting body diversity and respect of all bodies.
-  Use an online graphic design tool or app to create a Body Happy screensaver featuring one or more affirmations.
-  Write a daily journal with an affirmation as a thinking prompt for each entry.