

♥ Appreciate Your Body ♥

*...it lifts, carries, holds, loves,
cares, restores and endures...*

~ for YOU ~

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“I appreciate how my body _____”

“I appreciate my _____ & my _____”

“I appreciate when my body _____”

“I am willing to _____ for my body”

“I am Going to _____ for my body”

“I plan to _____ for my body”

♥ *“I Love My Body”* ♥