

Love The Skin
You're In



Change Your Perception

Here are some tools that may help when you wake up and feel uncomfortable in your skin.

- 1) Be tender with yourself. Instead of immediately unleashing self-loathing, be spacious and kind. “Oh look it’s one of those days today.”
- 2) Walk away from the mirror and breathe.
- 3) Come back to the mirror with eyes closed. Tell yourself, “I am beautiful. I am perfect as I am. My body is a gift. I love myself.”
- 4) Open your eyes.
- 5) I’m not kidding...how you SEE YOUR BODY WILL BE DIFFERENT.
- 6) Simply by changing the internal narrative, you can change your perception.
- 7) Think on the power of #6 and how you can apply it to other areas of your life. Potent.