

101 WAYS TO LOVE YOUR BODY



- eat chocolate • communicate your needs and desires • snuggle with a furry pet • take a long walk • appreciate the miraculous things your body can do • give yourself a hug • stop smoking • masturbate • COOK dinner with people you love • graciously accept compliments • take a break • squeal, shriek, yell • get a tattoo • listen to music, make music • dance • play in the rain • spend time with children • look in the mirror and tell yourself you're awesome • spend time loving others • take a nap • jump for joy • give yourself a facial • throw away your scale • enjoy small sensations, like bubbles in milk & new socks • sleep naked • dress up • stop judging your body (and don't let anyone else do it either) • smile • spend time in nature • touch yourself gently • dig in the garden • wear comfortable clothes • finger paint • sleep in • cook a four course meal just for you • squeeze sand or mud between your toes • put on a beautiful "under things" • don't walk, strut • wear your favorite t-shirt • hug a teddy bear • swim • eat organic food • avoid "beauty" magazines • touch luscious fabrics like silk/velvet • say nice things to yourself • eat while you're hungry (and stop when you're full) • meditate • have a pillow fight • listen to your body's intuition • respect your boundaries • treat yourself to a hot tub • slather yourself with lotion • go for a run • take a hot shower • roll down a hill • jump in a leaf pile • make a snow angel • floss your teeth • massage your hands/feet • wrap yourself up in a blanket • wear comfortable shoes • explore • jump up and down • give up all nighters • feel the wind in your hair •
- write and "ode to a body part" • play a sport • wear delicious chapstick • take a bubble bath in the middle of the day • air dry • be affectionate • curl up • breathe deeply • climb on things • try to hear your heartbeat • exercise • roll around on the floor • stretch • look around, appreciate beauty • sit in child's pose • admire different body types • ask someone to scratch your back • enjoy the first peach of the summer • wiggle your toes • yawn • laugh so hard your belly shakes and your sides ache • slowly sip tea • do yoga • sing • sit in the sun • do sit ups • play on a jungle gym • turn off the tv • get a massage • go barefoot • play with your hair •
- orgasm • learn to yodel • play with makeup • take photos of yourself on a good hair day • surround yourself with role models •