

**YOUR JOURNEY
TO SELF LOVE-
SELF
ACCEPTANCE**

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Heal Grow Thrive





PAY CLOSE ATTENTION TO WHERE YOU'RE PICKING YOURSELF APART

The areas of your body that you are picking yourself apart these are messages
listen

closely to them what are they saying.

where did they come from?

was it someone in your past either close to you or not, did they make you feel
as if your body is not attractive that you were not good enough as a person.

somewhere along the line you started

believing this was true and you sub

consciously picked up this mantra and it has manifested!

its time to remove all ideas about you and your body that are not your
own!!



FOCUS ON WHAT YOU LIKE ABOUT YOUR BODY

what you focus on is what, you are manifesting,
if you are always focusing on your flaws you will continue to find new flaws,
and soon your entire view of yourself will be flawed.

so let's shift your focus.

start by looking at a photo of yourself and look for all that you like
about your body.

do you like your hair colour,
your arms

your legs

your hips

go and hunt for all that you love about your body.

write it down



LOOK FOR ALL YOU HAVE INSTEAD OF EVERYTHING YOU DON'T

give yourself love by finding clothes that fit you well and you feel confident in, and that you love wearing, even if you have to buy something in a larger size and having it altered to fit (this is something i do)

when something that fits well all that you love will come forward rather than something that is ill-fitting that will make you aware of your flaws



MAKES CHANGES FOR THE RIGHT REASONS RATHER THAN FOR VALIDATION!

Have a deep conversation with yourself about the motives for wanting to change your body. is it a healthy motivation (do you really want this change for yourself, so you can feel better, have more energy and live longer)
or?

is it an unhealthy motivation (someone else has led you to think you need to do this so you can be more attractive to them or are you seeking validation from outside sources)

what is your answer?



**PRACTICE GRATITUDE
WRITE IT DOWN
(even the shit that pisses you off)**

Gratitude is a pure appreciation of all of you and the opposite of hate, we live in our bodies every day and we take them for granted,

let's look at all that our body can do. and let's write a list of all that our bodies can do.

if you feel you're starting to run out of things as the days go on. look outward to the world around you!

even if something happens that makes you anger, triggers you etc there is always a lesson in that for growth and where you need to focus on and in there you will find gratitude.



FIND A FORM OF EXERCISE THAT YOU ENJOY!

This is something that's very important! forcing yourself to do something that you don't enjoy, feeling like you have to as punishment is not love, it is the opposite

exercise because you love your body not because you hate it!
exercise is not punishment for what you ate!!

exercise/move because you want to feel better, strengthen your muscles and bones improve cardiovascular health and predominantly live longer

so I challenge you to discover what you enjoy doing



EAT FOODS THAT ARE RIGHT FOR YOU AND YOUR BODY

the age-old saying you are what you eat is true! if you are eating foods that are full of preservatives, covered in pesticides, and don't agree with your body, then you can imagine how you are going to feel, pretty bad, flat, tired, depressed and anxious.

rather than if you consume a diet full of colour, life and support life how much better will you feel?

now there is no one diet that is right for everyone, there are many different diets that are suited to different people and their needs.

to start the process of finding the right diet for you start keeping a food diary recording everything you consume and how you feel, right after, after 30 mins and after hours.

this will give you some good indications of what is and isn't good for your body



ALLOW YOURSELF TO REST!

Rest and sleep provide the space and time your body needs to repair and recover.

its where you process all that you have learnt through the day

A big part of loving yourself is allowing yourself to slow down, and sleep. there is nothing wrong with taking a nap in the day in fact i recommend it.

create a sleep schedule and a wind down routine.

include some mediation in there.