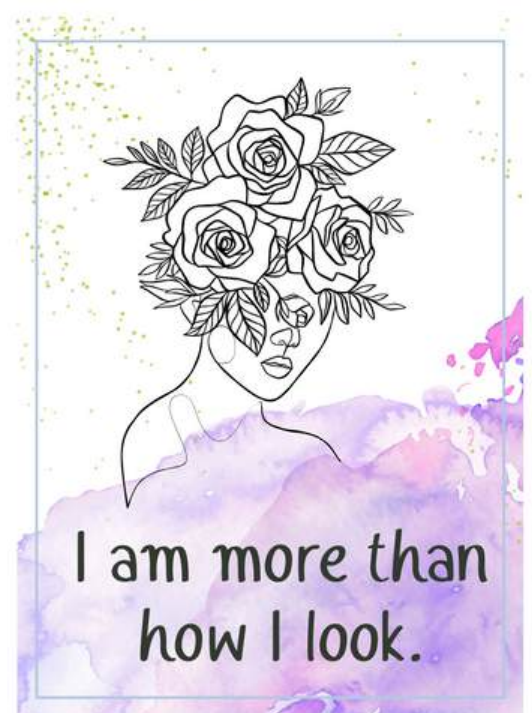


BODY POSIVITY AFFIRMATION CARDS

Free Download



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Free social work
resources for
direct work



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FOR THEIR WORK WITH FAMILIES AND/OR TRAINING AS WELL AS
UPLOADED TO OTHER WEBSITES PROVIDING THAT
NO CHANGES ARE MADE TO ITS CONTENT.

I choose clothes
that make me feel
comfortable and free.



I am thankful for my
voice that lets me
share thoughts and
feelings.

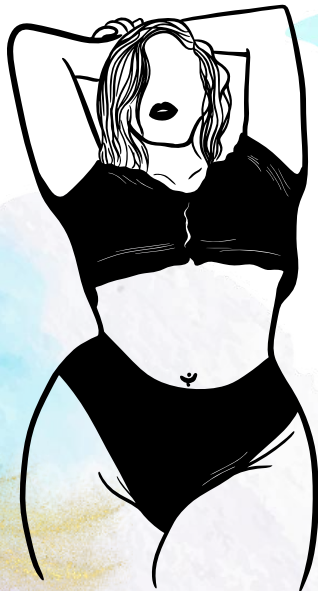


I know my body does
not need fixing,
only caring.

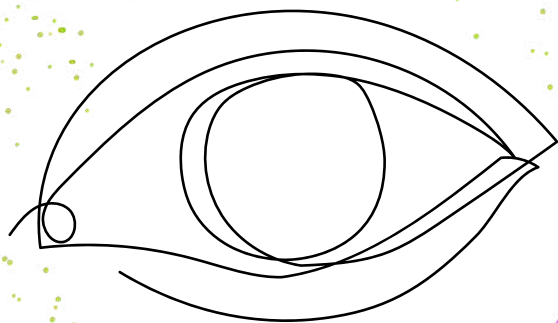
I focus on experiences,
not appearances.



I am grateful for my
body allowing me to
move each day.



I am enough, today
and every day.



I am learning
to see beauty
in myself.

I am proud of how
far I have come.



I am thankful for my
senses that let me
enjoy life.



I celebrate what
makes me
uniquely me.



I know beauty
standards change,
but my worth stays
the same.



I remind myself that
numbers do not
measure my
happiness.

I smile at myself
today because
I deserve my own
warmth.



I am grateful for the
way my body heals
and grows.



I deserve love and
respect exactly
as I am.

I remind myself
that scars, marks,
and changes are
proof of living.



I am thankful for my
breath that keeps me
calm and alive.



I deserve to feel
comfortable in
my own skin.



I remind myself that
self-kindness is
more powerful than
self-criticism.



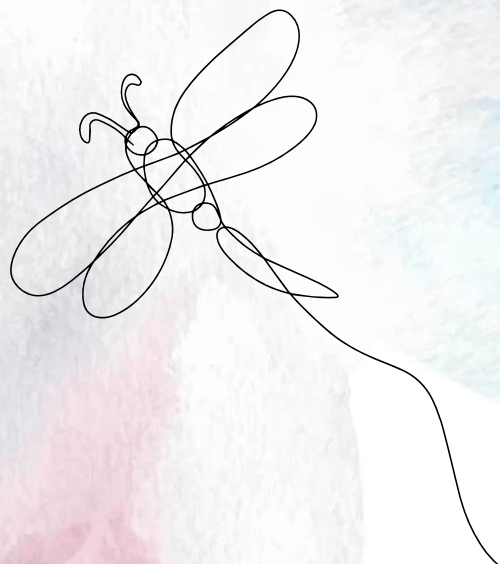
I trust my body and
listen to what it needs.



I am grateful for
my body carrying
memories of joy and
laughter.

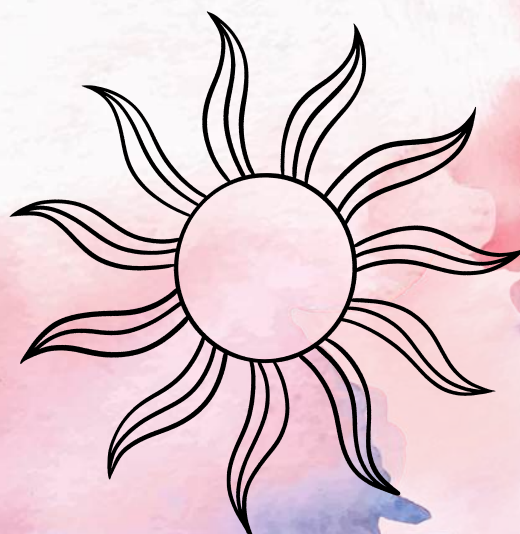


I let go of
perfection and
choose being real.



I speak to myself
with the same care
I would give a friend.

I am grateful for
the comfort of
warm food and rest.



I allow myself to take
up space without
apology.



I remind myself that
my body is my
lifelong home.



I give myself
permission to rest
without guilt.

I am thankful for my
hands that allow me to
create, hold, and care.



I notice one
thing my body
does well today.



I am growing into
confidence day
by day.



I am grateful for the
rest my body gives
me at night.

I fill my space with
voices that lift me up.



I am grateful for my
body allowing me to
move each day.



I am enough,
today and
every day.



I am more than
how I look.

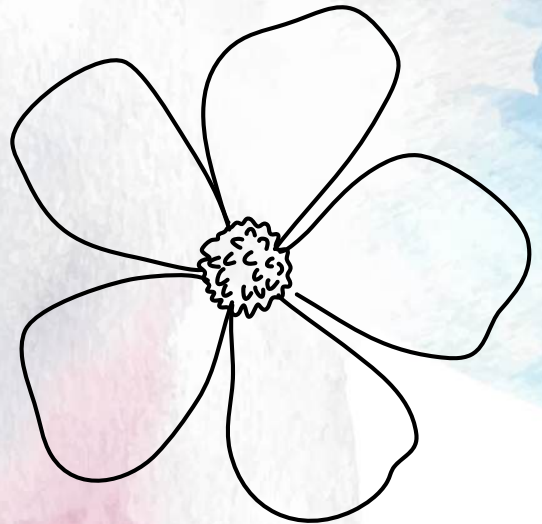
I can be both a work
in progress and
already enough.



I am grateful for my
body allowing me to
move each day.



I find joy in
movement that feels
good, not punishing.



I am thankful for my
body keeping me
alive every day.

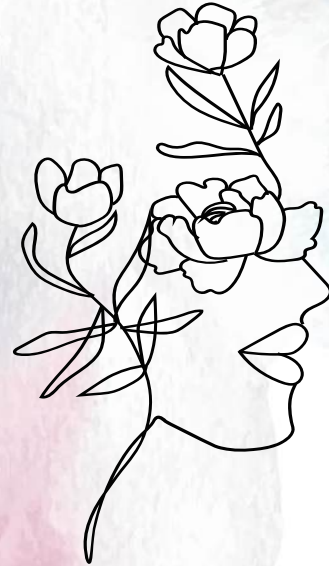
I have the right to
love myself as I am.



I smile and laugh
in ways that shine
brighter than
appearance.

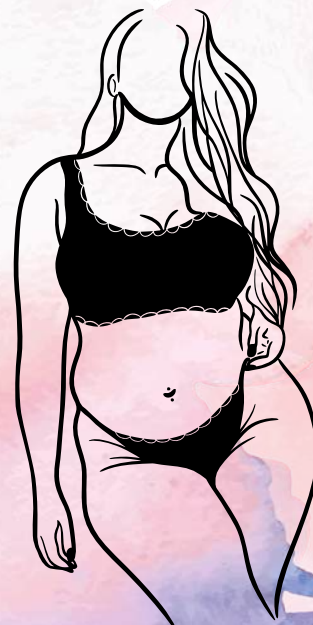


I release comparison
and celebrate
my own path.



I am thankful for the
chance to live
my own story.

I remind myself that
confidence shines
brighter than perfection.



I am thankful for
moments of rest
and renewal.



I am grateful for
the people my body
allows me to hug.



I am thankful for my
ability to grow, learn,
and change.

I remind myself that my
worth is permanent and
unshakable.



I celebrate my
strength when
I need it most.



I am grateful for
the little things my
body does without
me noticing.



I remind myself that
I do not need to look
perfect to be loved.

I am thankful for
the freedom to
be myself.



ABOUT THE RESOURCE

Our Body Positivity Affirmation Cards are a beautifully designed self-care tool to support self-love, confidence, and body acceptance for women and teens. Each card features a powerful “I am” or “I feel” statement that encourages positive thinking, gratitude, and self-esteem building.

With affirmations such as “I am enough, today and every day” and “I am grateful for my body allowing me to move each day”, these cards gently help replace negative self-talk with kind, empowering messages. They are perfect for anyone wanting to:

- Build confidence and self-worth
- Practise daily self-love affirmations
- Support teen self-esteem and positive body image
- Create a regular gratitude and mindfulness routine
-

The Body Positivity Affirmation Cards can be used as a daily affirmation practice, a quick boost on tough days, or as part of therapy, journaling, or wellbeing workshops. Their simple, uplifting language makes them suitable for both teenagers and adults who want to improve their relationship with their body and feel more at peace with themselves.

Start each day with a card and give yourself the gift of self-love, body confidence, and positivity.

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