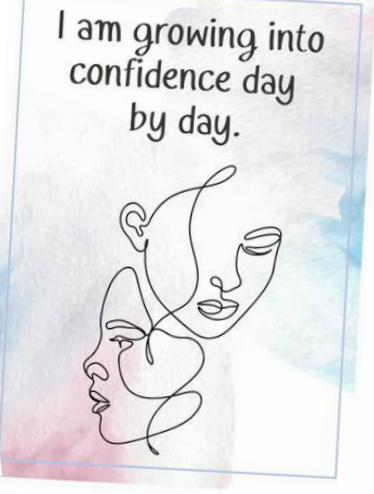


# BODY POSITIVITY AFFIRMATION CARDS

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I choose clothes  
that make me feel  
comfortable and free.



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

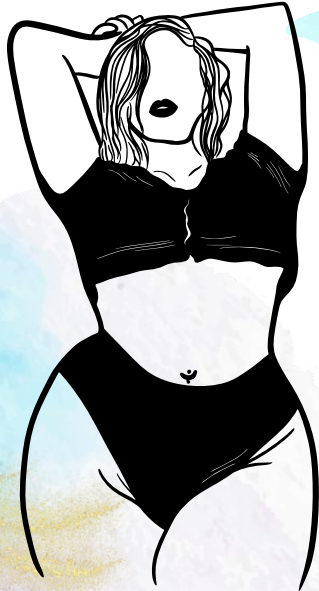


I know my body does  
not need fixing,  
only caring.

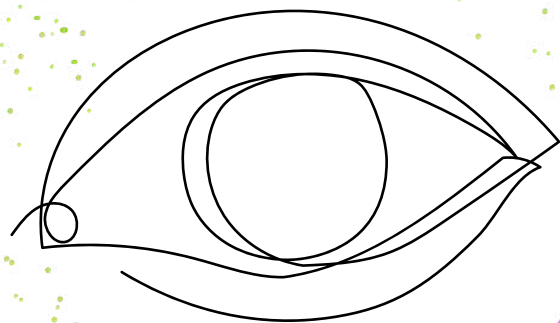
I focus on experiences,  
not appearances.



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.



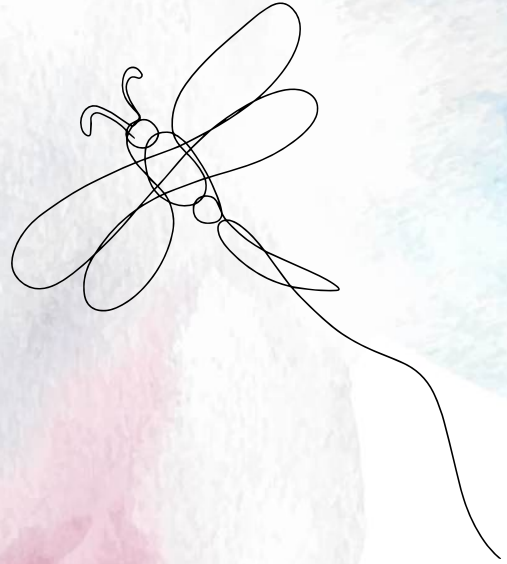
I trust my body and listen to what it needs.



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

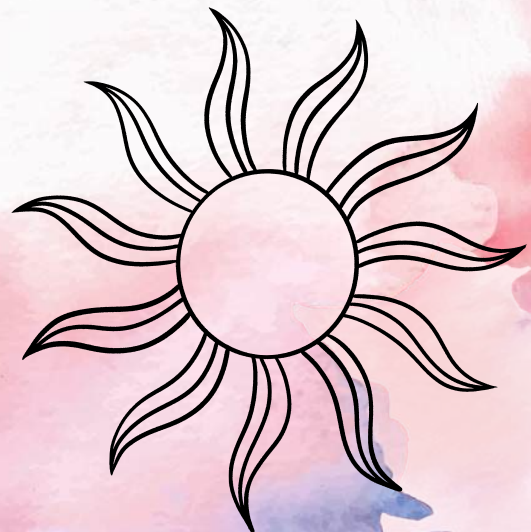


I let go of  
perfection and  
choose being real.



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.

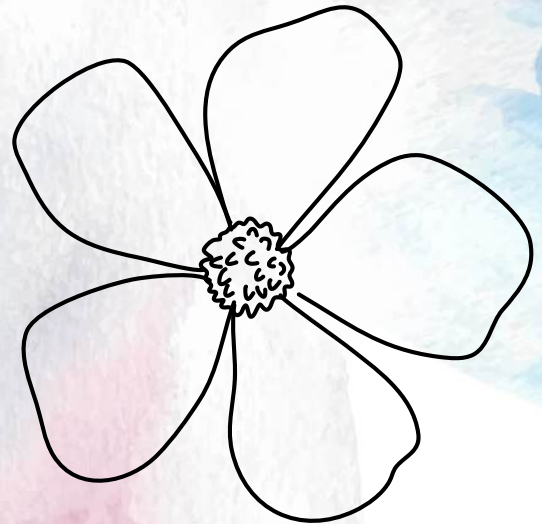
I can be both a work  
in progress and  
already enough.



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.

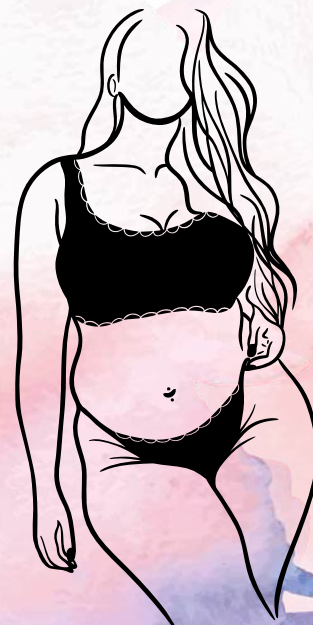


I release comparison  
and celebrate  
my own path.



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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