

Mindset Shifts for Body Mindfulness

I shouldn't have eaten that.



What I ate was nourishing for my body, and I am grateful for the energy it provides.

I need to work out to make up for eating that.



My body doesn't need to be punished for eating. I will continue to nourish it in a healthy way.

I wish my body looked different.



My body is a unique and beautiful vessel that I am grateful for.

I hate having these cravings.



Cravings are normal. I can listen to my body and honor its needs without judgment.

I feel so gross.



My worth is not tied to how I perceive my body. I deserve love and care just as I am.

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That food was so bad for me.



That food was a satisfying experience, and it is ok to enjoy it without judgement.

I need to work out harder and lose weight faster.



I will listen to and honor my body's need for gentle movement that feels good, not out of guilt.

I need to control myself better.



I am learning to listen to my body's signals and nourish myself in a balanced way.

I can't trust myself enough to not have restrictions.



I am building trust with my body. I will learn it's cues and make choices that honor my needs.

I'll never be good enough.



Progress over perfection. I am capable of making meaningful changes that honor my body.