

Freedom From A Weight Obsessed World

I, the undersigned, do hereby state that from this day forward I have chosen to live my life freely and independently away from the pressures and constrictions of a weight-obsessed world

- ♥ I now accept my body in its natural shape and form
- ♥ I now appreciate all that my body can do for me each and every day
- ♥ I now treat my body with the respect it deserves including rest, nourishing it with a variety of foods, moderate exercise and answering its needs
- ♥ I now choose to resist our society's pressure to judge both myself and others on physical body weight, shape or size. I will, instead, put character, personality and accomplishments first.
- ♥ I will avoid labelling foods as 'good' or 'bad' and will not associate any feelings of guilt or shame with certain foods. Instead, I will listen to what my body wants and respond with a balance of foods
- ♥ I will no longer use food to mask my emotional needs
- ♥ I will now participate in physical activities that I enjoy e.g. swimming, dancing, eating out, biking, jogging, gym – and no longer feel self-conscious about the way my body looks. I now accept that I have the right to enjoy any activities regardless of my shape or size
- ♥ I will ask for help and support from friends and family when life gets stressful
- ♥ I now believe that my self-esteem and who I am comes from within ... and not from without!

Signature

Date