

BOOST YOUR SELF-CONFIDENCE IN ONE EASY STEP

WHAT IS THE SECRET? GRATITUDE!

"THE MORE I AM GRATEFUL ABOUT MY BODY
AND WHO I AM, THE MORE I AM FINDING
ACCEPTANCE AND LOVE FOR MYSELF."

BEX LIPP – AWESOME INC.

How can you focus on the cellulite sprinkled over your legs and hate them, when you flip that and be grateful that those strong legs enable you to walk, run, swim and get around each day. If you lost your legs would you be happy that you no longer have to look at the cellulite or would you grieve all that those legs helped you to do?

Using the worksheets on the next page, your challenge is to write down something you are grateful for about your body and also about who you are as a person (see example below). Focus on the parts of your body you don't like and think about life without it/them. Try and flip it into a positive and really feel the gratitude. Do this at least a couple of times a week.

	20/03/17
	DATE
TODAY I AM GRATEFUL FOR...	
Beautiful strong legs	
(NAME A BODY PART)	
because they enable me to walk, run, swim and	
without them I would be so limited.	
(INSERT REASON)	

"WEAR GRATITUDE LIKE A CLOAK AND
IT WILL FEED EVERY CORNER OF YOUR LIFE."

RUMI

TODAY I AM GRATEFUL FOR...

DATE

(NAME A BODY PART)

(INSERT REASON)

Thank you! Thank you! Thank you! Thank you!

TODAY I AM GRATEFUL FOR...

DATE

(NAME A BODY PART)

(INSERT REASON)

Thank you! Thank you! Thank you! Thank you!

TODAY I AM GRATEFUL FOR...

DATE

(NAME A BODY PART)

(INSERT REASON)

Thank you! Thank you! Thank you! Thank you!

TODAY I AM GRATEFUL FOR...

DATE

(NAME A BODY PART)

(INSERT REASON)

Thank you! Thank you! Thank you! Thank you!