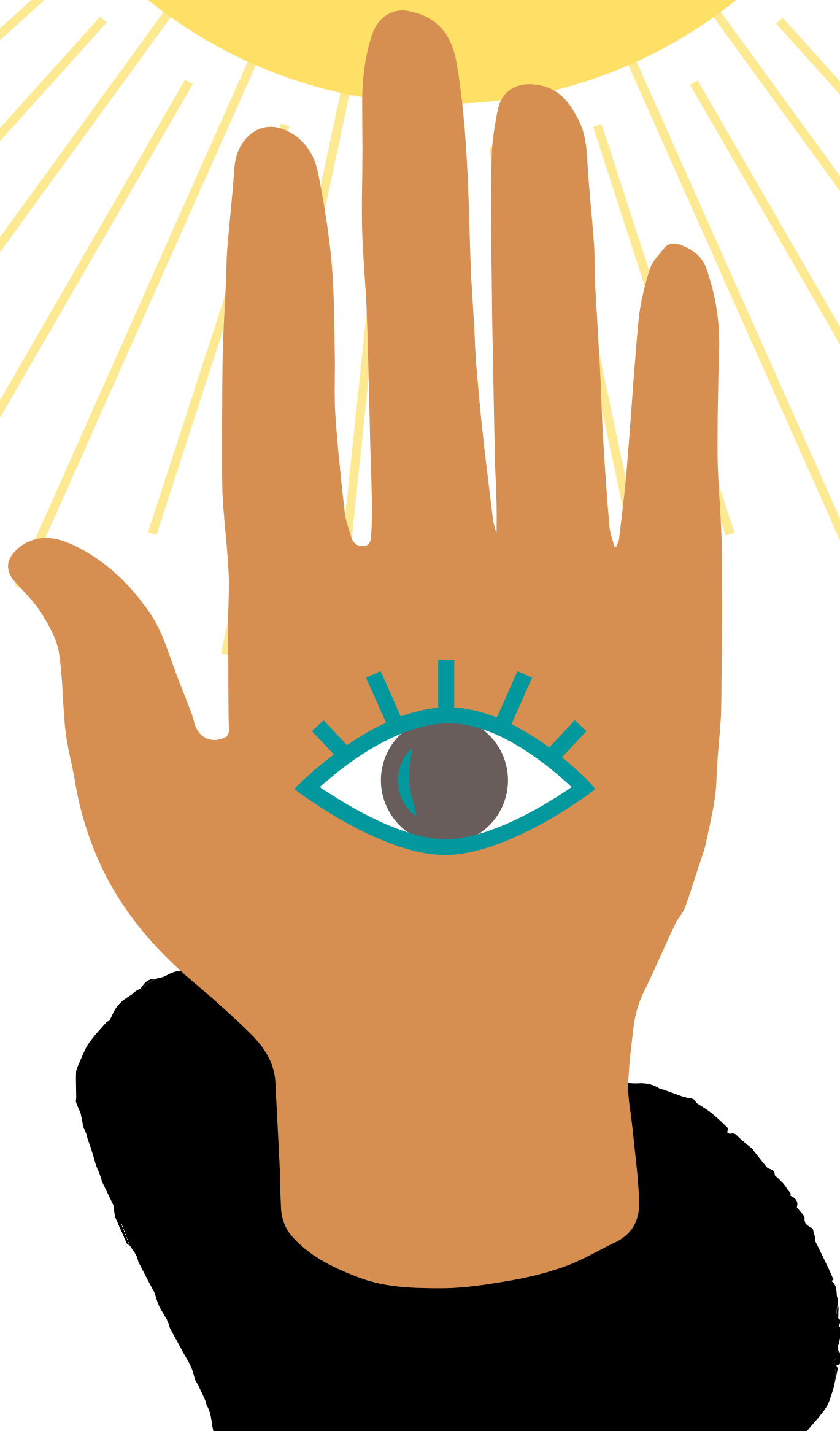




the body
is not an
apology

DAILY AFFIRMATIONS

THE EDITED COLLECTION



DAILY AFFIRMATIONS: THE EDITED COLLECTION

A Publication by
The Body Is Not An Apology

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“

**IF I AM WAITING UNTIL
I AM NOT SCARED TO
START MY JOURNEY,
MY JOURNEY WILL
NEVER START.**

**COURAGE IS NOT
THE ABSENCE OF FEAR
BUT THE WILLINGNESS
TO MOVE IN THE
FACE OF IT.**

**THIS IS MY RADICAL
SELF-LOVE JOURNEY!**

DAILY AFFIRMATION #1

“

**AS I HEAL
MY HEART,
I CAN TRUST
MY BODY TO
FOLLOW.**

DAILY AFFIRMATION #2

“

**WE DO NOT ASK THE
OCEAN TO SHRINK OR
PLAY SMALL. WE NEVER
ASK THE STARS TO SHINE
LESS BRIGHTLY OR BE
LESS AWE-STRIKINGLY
GORGEOUS.**

**I AM MADE OF THE
EXACT SAME MATERIALS
AS EACH. WHY SHOULD I
DO OR BE ANY LESS?!?!?**

**TODAY, I WILL STEP
UNAPOLOGETICALLY INTO
MY VAST MAGNIFICENCE!**

DAILY AFFIRMATION #3

“

**ALL IMAGES
IN MAGAZINES
ARE AIRBRUSHED,
PHOTOSHOPPED,
AND DISTORTED.**

**HOLDING MYSELF
TO THOSE
STANDARDS
OF BEAUTY
IS UNREALISTIC
AND UNHELPFUL.**

DAILY AFFIRMATION #4

“

**WHEN I SAY
CRUEL THINGS ABOUT
MY BODY IN PUBLIC,
I KNOW THAT SOMEONE
WHO FEELS THAT SAME
SHAME ABOUT THEIR BODY
IS IMPACTED.**

**I KNOW
OUR BODY SHAME IS
CONTAGIOUS, AS IS
OUR BODY LOVE.**

**TODAY I WILL SPREAD
LOVE.**

DAILY AFFIRMATION #5

“

**SOMETIMES WE
HAVE TO CALL IT
LIKE WE SEE IT.
ANYONE OR THING
ATTEMPTING TO MAKE
ME BELIEVE I AM NOT
DIVINELY BEAUTIFUL
IS BS!**

**NOW BACK TO
OUR REGULARLY
SCHEDULED PROGRAM
OF RADICAL SELF-LOVE!**

DAILY AFFIRMATION #6

“

**WHEN I AM NOT IN LOVE
WITH ME, I ATTRACT PEOPLE WHO
ARE NOT IN LOVE WITH ME.**

**WHEN I AM MINIMIZING
MYSELF, I ATTRACT PEOPLE THAT
MINIMIZE ME.**

**WHEN I THINK LESS OF ME,
THE WORLD
BARELY SEES ME.**

**I JUST KEEP COMING BACK
EVERY SINGLE TIME TO WHAT
THE UNIVERSE IS TRYING
TO TELL ME ABOUT ME.**

**WHEN MY RELATIONSHIP WITH ME
MOVES FROM A FEAR-BASED,
LACK-BASED, DEFICIT-BASED RELATIONSHIP,
INTO A COURAGEOUS, ABUNDANT,
RADICAL SELF-LOVE RELATIONSHIP,
INTIMATE POSSIBILITY,
FINANCIAL POSSIBILITY,
AND CREATIVE POSSIBILITIES UNFOLD.
EVERY SINGLE TIME!**

DAILY AFFIRMATION #7

“

**THERE IS
NOTHING
WRONG
WITH MY
THIGHS.**

DAILY AFFIRMATION #8

“

**WHATEVER I AM
FEELING TODAY,
I WILL TRY AND
SIT WITH IT.**

**FEELINGS ARE
IMPERMANENT
AND I DO NOT
HAVE TO BE OKAY
ALL OF THE TIME.**

DAILY AFFIRMATION #9

“

**EACH DAY THAT I
INVEST IN THE BELIEF
THAT MY EXISTENCE IS
DIVINELY DESIGNED
IS A DAY I CRACK OPEN
A NEW LEVEL OF
POSSIBILITY
FOR MY LIFE.**

**WHAT NEW POSSIBILITY
WILL I CRACK OPEN
TODAY?**

DAILY AFFIRMATION #10

“

**LIFE IS TOO SHORT
AND TOO PRECIOUS
TO WASTE TIME
OBSESSING ABOUT
MY BODY.**

**I AM GOING TO
TAKE CARE OF IT
TO THE BEST OF
MY ABILITY AND
GET OUT OF MY HEAD
AND INTO THE WORLD.**

DAILY AFFIRMATION #11

“

**THERE IS A VOICE
TELLING YOU
NO ONE CARES.**

NO ONE IS WATCHING.

**YOUR GROWTH
IS NOT IMPORTANT
TO THIS UNIVERSE.**

THAT IS A LIE!

**YOU ARE DIVINELY HELD.
WE NEED TO SEE YOU
BIRTH YOURSELF
INTO SPLENDOR SO THAT
WE MIGHT BELIEVE
THE SAME IS POSSIBLE
FOR US.**

**THE WORLD IS WAITING
TO HOLD YOU UP
IN THE LIGHT OF
YOUR OWN GLORY.**

DAILY AFFIRMATION #12

“

**MY SPIRIT TOLD ME
TO TELL YOUR SPIRIT
THIS TODAY:
YOU ARE INDEED
MORE THAN ENOUGH!**

**HOLD IT CLOSE TO
YOUR DIVINE HEART.**

**CARRY IT ON
AND IN YOUR
SKIN.**

DAILY AFFIRMATION #13

“

**I AM A CONDUIT
FOR HEALING
AND LIGHT AND
WORTHY OF ALL
THE BOUNTY
THE UNIVERSE
HAS FOR ME.**

DAILY AFFIRMATION #14

“

**I AM WORKING
EVERY DAY AT BEING A
WHOLE HEALING HUMAN
WHO LEAVES THE PLANET
A BIT BETTER THAN
THEY FOUND IT.**

**WHAT THE FUCK AIN'T
BEAUTIFUL ABOUT THAT?**

DAILY AFFIRMATION #15

“

**YOU TOO
ARE ALLOWED
TO CELEBRATE
YOU.**

**BABY YOU MADE IT
AND THAT
IS BEAUTIFUL!**

DAILY AFFIRMATION #16

“

**IT IS INTERESTING
TO NOTICE FEAR.
TO SEE IT STANDING
IN FRONT OF THE NEXT
STEP TOWARD MY MOST
AMAZING LIFE.**

**I AM CHOOSING TO BE
FEAR-FACING.
TO WALK THROUGH FEAR
BECAUSE IT IS NOT SOLID.
IT IS SMOKE
IN FRONT OF THE FIRE.**

**THE WORLD NEEDS
MY FIRE. I NEED MY FIRE.**

DAILY AFFIRMATION #17

“

**OFTENTIMES WE SPEND OUR
LIVES INVESTING IN OTHERS
BECAUSE WE FEAR
INVESTING IN OURSELVES.**

**WE HAVE GLORIFIED
SELF-SACRIFICE.**

**YOU DO NOT NEED
TO KILL YOURSELF
SO OTHERS MAY LIVE.**

**RADICAL SELF-LOVE
MEANS WE SAVE OURSELVES.**

**FOR BY SAVING OURSELVES
WE ARE ACTUALLY MORE
CAPABLE OF SAVING OTHERS.**

DAILY AFFIRMATION #18

“

**SHAME,
SELF-SILENCING,
AND GUILT
ARE MANIFESTATIONS
OF INTERNALIZED
BODY TERRORISM.**

**LETTING GO
OF THOSE FEELINGS
AND HABITS IS A
RADICAL ACT
OF SELF-LOVE,
ONE OF WHICH YOU ARE
TOTALLY WORTHY!**

DAILY AFFIRMATION #19

“

**DID YOU KNOW
THAT YOU WERE BORN
INTO THIS WORLD WITH
AN INFINITE AND
BEAUTIFUL SUPPLY OF
RADICAL LOVE
ALREADY TUCKED INTO
YOUR HEART?**

**DON'T HIDE IT.
SHARE IT WITH THE
WORLD AND LET US ALL
RADIATE IN THE GLOW OF
YOUR INHERENT BEAUTY!**

DAILY AFFIRMATION #20

“

**HOW WILL YOU
GIVE YOURSELF
PERMISSION TO
LOVE YOURSELF
RADICALLY
TODAY?**

DAILY AFFIRMATION #21

“

**LIFE DOESN'T
START 10 POUNDS
FROM NOW; IT'S
ALREADY STARTED.
I CAN MAKE THE
CHOICE TO
INCLUDE MYSELF
IN IT.**

DAILY AFFIRMATION #22

“

**WHEN I COMPARE
MYSELF TO OTHERS,
I DESTROY MYSELF.
I DON'T WANT
TO DESTROY MYSELF
SO I'LL JUST
CONTINUE
ON MY JOURNEY,
NOT WORRYING
ABOUT OTHER
PEOPLE'S JOURNEYS.**

DAILY AFFIRMATION #23

“

**PROGRESS IS
NOT LINEAR.
IT'S NORMAL
FOR ME TO
GO FORWARD
AND THEN
BACKWARD,
AND THEN
FORWARD
AGAIN.**

DAILY AFFIRMATION #24

“

**IT'S OKAY
TO LOVE
MYSELF NOW
AS I
CONTINUE
TO EVOLVE.**

DAILY AFFIRMATION #25

“

**IF PEOPLE ACTIVELY
JUDGE OR INSULT ME,
IT'S BECAUSE THEY FEEL
BADLY ABOUT
THEMSELVES.**

**NO ONE WHO
FEELS GOOD ABOUT
THEMSELVES HAS
THE NEED TO PUT
SOMEONE DOWN
TO ELEVATE THEMSELVES –
THEY HAVE BETTER
THINGS TO DO
WITH THEIR TIME.**

DAILY AFFIRMATION #26

“

**I AM BLESSED
TO BE AGING.
THE ONLY
ALTERNATIVE
TO AGING
IS DEATH.**

DAILY AFFIRMATION #27

“

**IT'S OKAY
FOR ME TO
TRUST THE
WISDOM OF
MY BODY.**

DAILY AFFIRMATION #28

“

**I CAN ONLY
GO FORWARD,
SO ALTHOUGH
I CAN LEARN
FROM IT,
I REFUSE
TO DWELL
ON THE PAST.**

DAILY AFFIRMATION #29

“

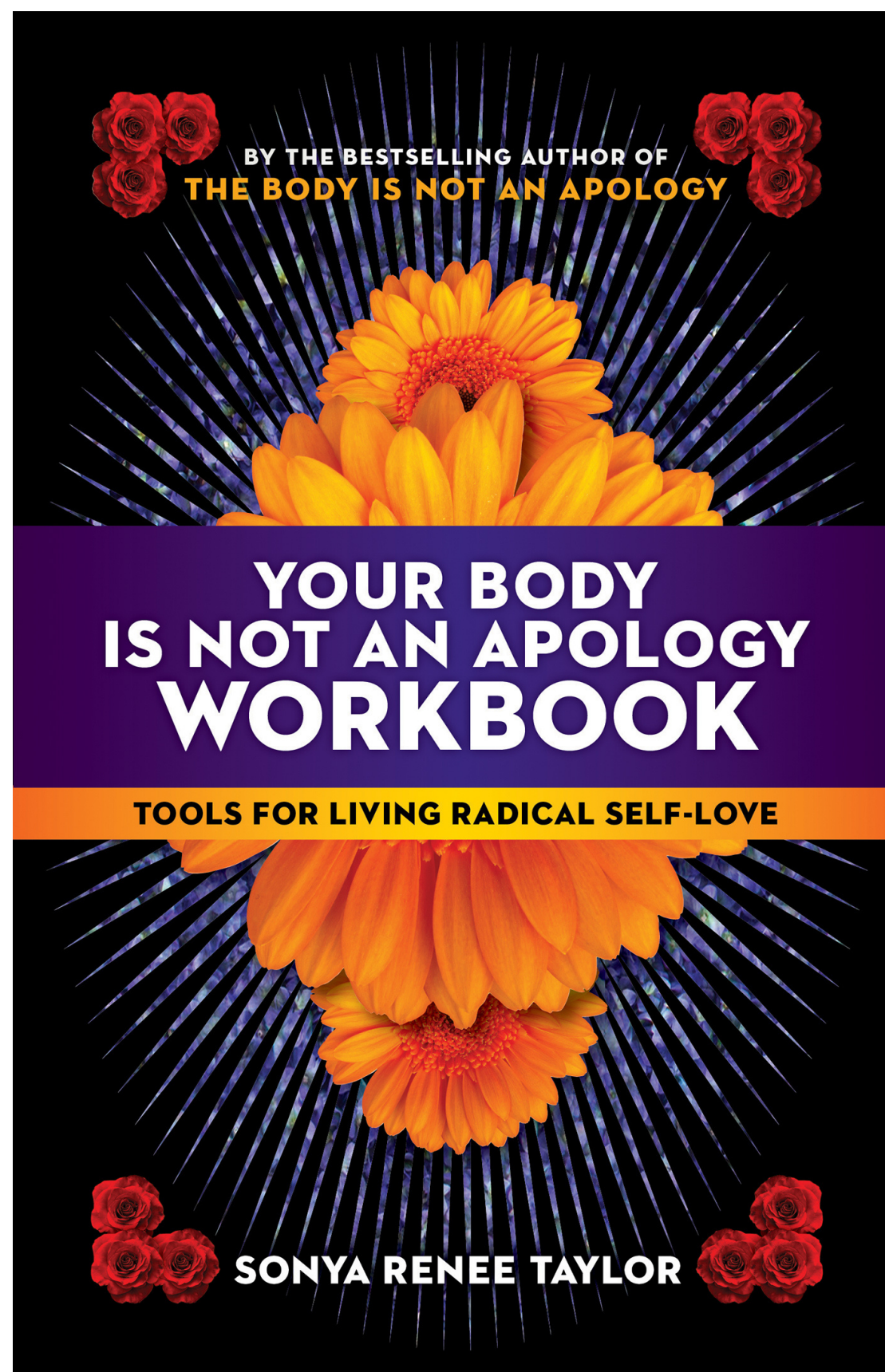
**YOU ARE WORTHY
AND YOU ARE
DESERVING.**

**THE BODY IS NOT
AN APOLOGY
EXISTS SOLELY TO
REMINDE YOU
OF THIS DAILY!**

**WE HOPE
IT'S WORKING!**

DAILY AFFIRMATION #30

**ENJOY WHAT YOU'VE JUST READ?
DEEPEN YOUR RADICAL SELF-LOVE
JOURNEY WITH US!**



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