

Writing Prompts: Affirmations 6

- Desire to accept their body and other bodies (not in a comparison).
- Ability to see bodies come in all shapes and sizes.
- Ability to identify steps toward body acceptance (theirs or others).

Writing Prompts: Affirmations 6

- Willingness to commit to embracing his/her body as it is.
- Being aware of size diversity as a concept.
- The effort to accept the body as it is, without change.
- Insight that arises from less body judgment and more body/size acceptance.