

3 Simple Mind Shifts  
You Can Do Right  
Now To Appreciate  
And Love Your Body.



# The Mind Shift

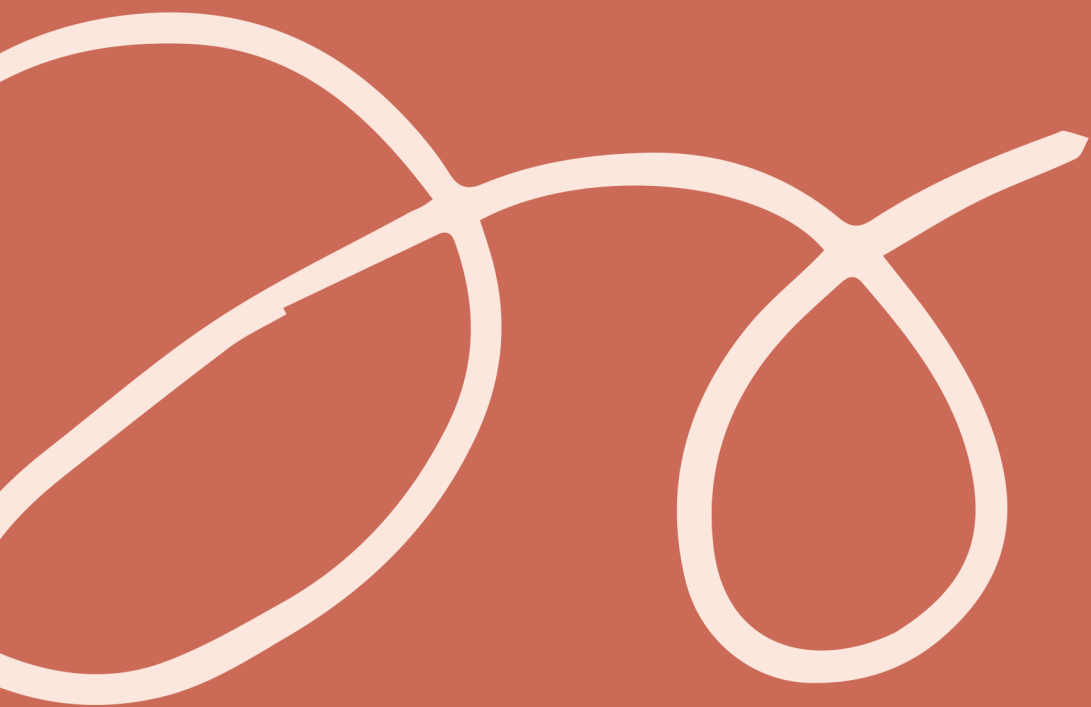
Loving yourself and your body starts with a shift in thinking. For years the solution to loving and accepting our bodies has been weight loss alongside extreme diets and extreme exercise.

It's time to question what diet culture and society have been emphasizing. This is the dawn of a new era and the dawn of a new way of thinking. There is no better time to empower yourself and make choices that encourage growth, happiness, and fulfillment.

This PDF includes three mind shifts you can start doing today to start appreciating your body and your life.

-Ariana Zurita





# 1. Choose to let go of the past



You have the power to create your future.

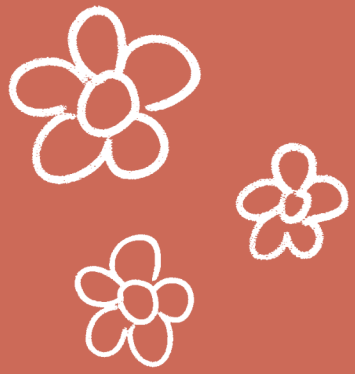
# YOU have a choice.

It is incredibly empowering to accept and believe that you have a choice.

Your worth should not and is not based on what you look like. After years of past influences from the media, family and peers, it can seem as though the only choice left is to adhere to immeasurable body image standards.

Begin to question the negative body image thoughts that cross your mind regularly. These thoughts were created by someone else and placed into your current belief system. You can CHOOSE to believe them or not. By realizing and accepting that the past does not have to be your future, you can begin to create the fulfilled life you desire.

Your body does not belong to someone else. Choose to let go of the past and start believing the new and positive thoughts you want to have.



How many times has your mind told you:

- don't eat that
- that roll on my belly is ugly
- you don't deserve that dessert
- burn more calories
- why can't you have more control
- if only I could lose weight, my life would be better

These are all past beliefs that you have decided are true about you. Begin to catch these thoughts. These are the thoughts that you can start to let go of.



# Are you ready to let go of your past?



**Write down the new positive thoughts you want to have about yourself:**

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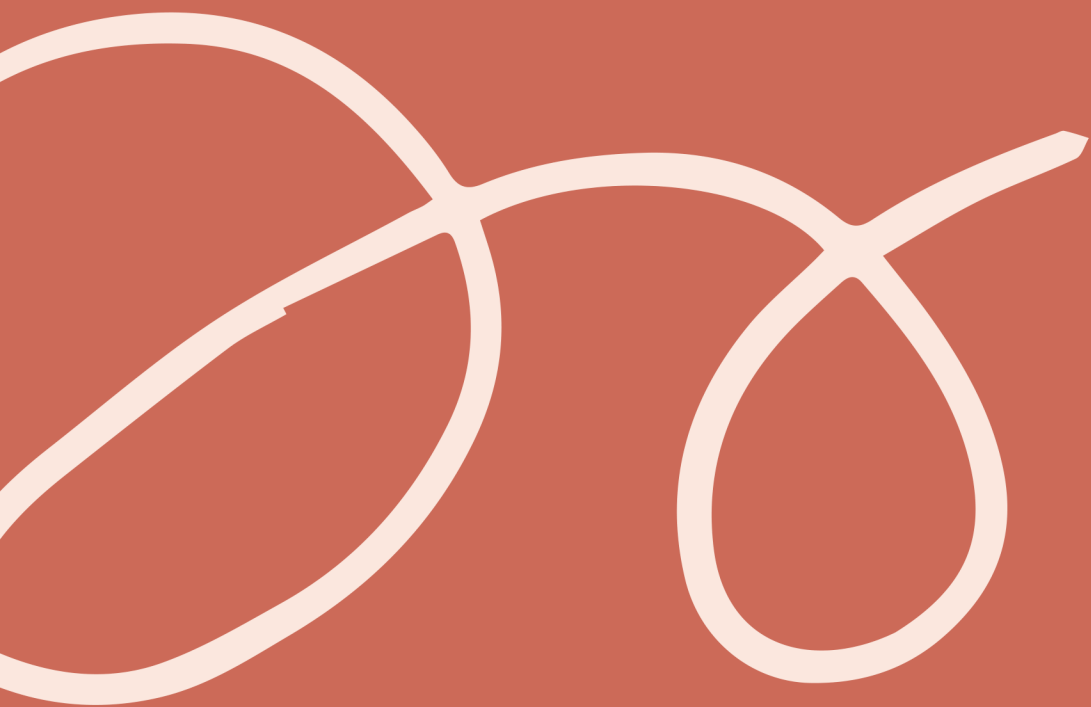
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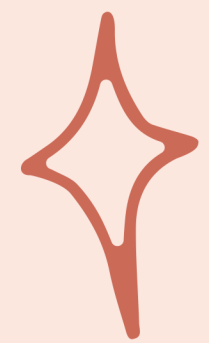


## 2. Know your why



Your why is important. Remember it and own it.

# Every journey starts with ✦ a why.



When you shift your mind into a "why" thinking brain you begin to understand your true motivations. Understanding the why behind your actions is incredibly important, especially when on a path to loving and appreciating your body.

During the tough moments, you want to think back to your why. It will remind you why you want to stop dieting and instead embrace your here-and-now body and worth.

Usually, we can come up with a surface reason behind why we want to do something but that is not our true deep reason...







## Dig Deeper

You may want to stop dieting and instead embrace loving your body because you are tired of feeling like a failure every time you've plateau'd and the weight wouldn't come off.

Maybe you've lost weight in the past and you still weren't able to find the happiness you were seeking.

These are both good reasons to want to go on a self-love journey. But, you want dig deeper.

# Why do I want to go on this journey?

Here's an example of a deeper why (each why builds upon the other):

Why # 1: I don't want to feel bad about my weight.

Why #2: Feeling bad about my weight impacts my personal life.

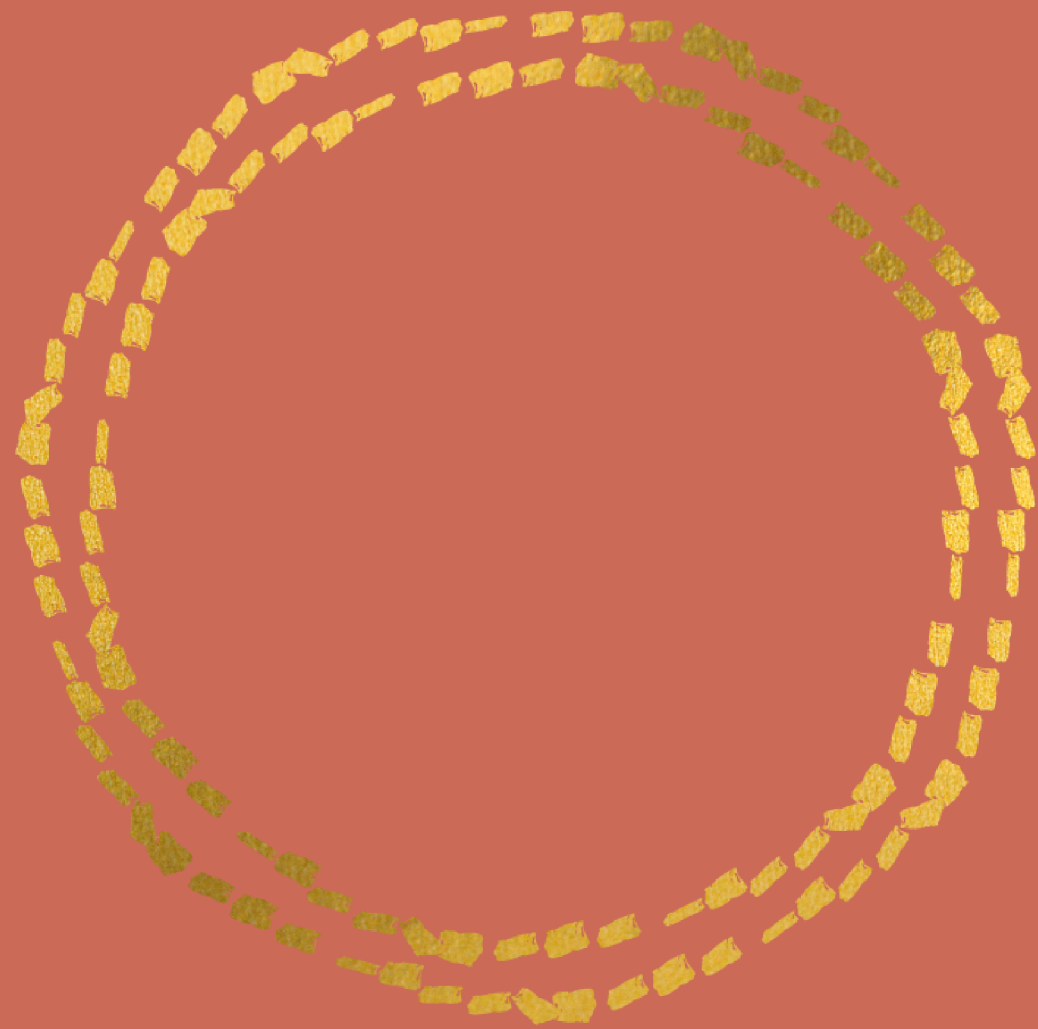
Why #3 If I start accepting my body and my weight then I can stop focusing on how I look and be more free.

Why #4 (aka the Dig deep why) Developing a healthy body image and letting go of the diet mentality will mean my true worth is based upon me as a human being. I can live my life freely and on my terms.

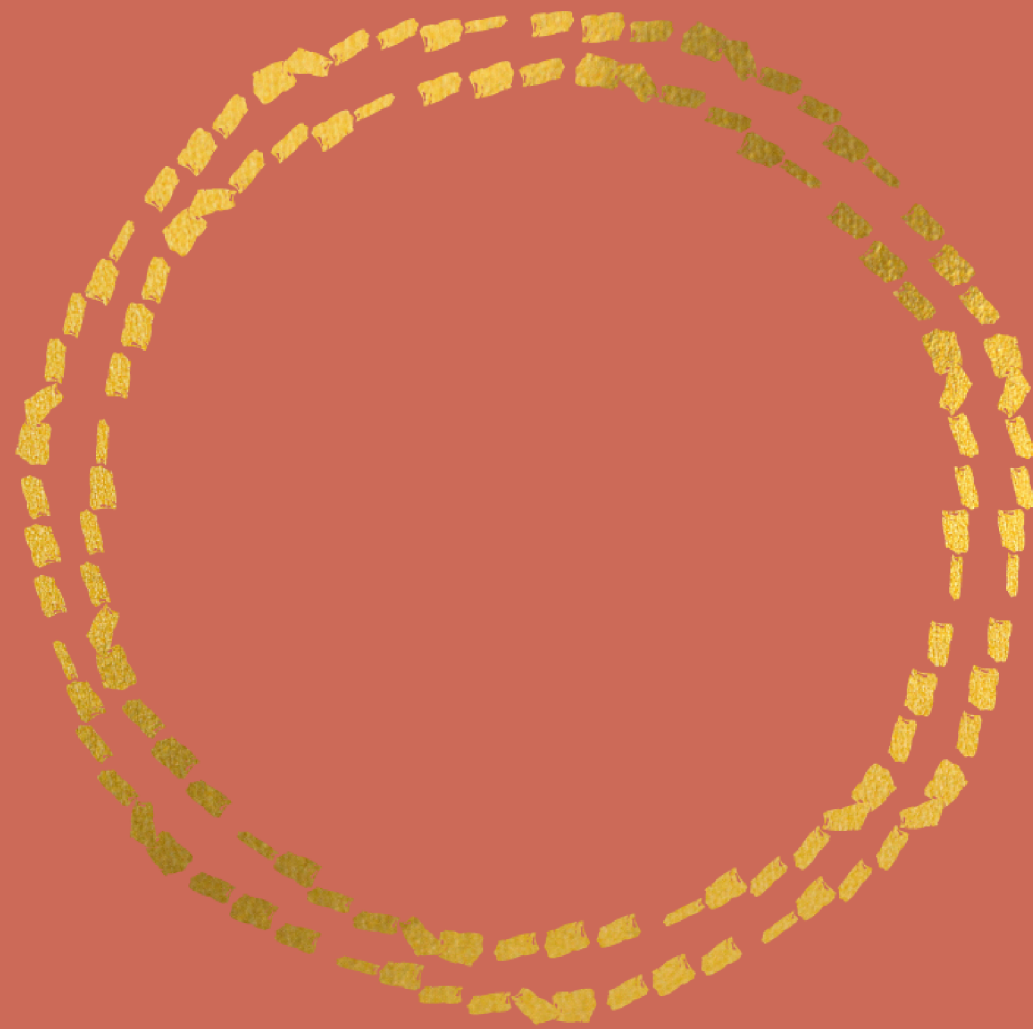
# Your turn

Why do you want to learn to love and appreciate your body..

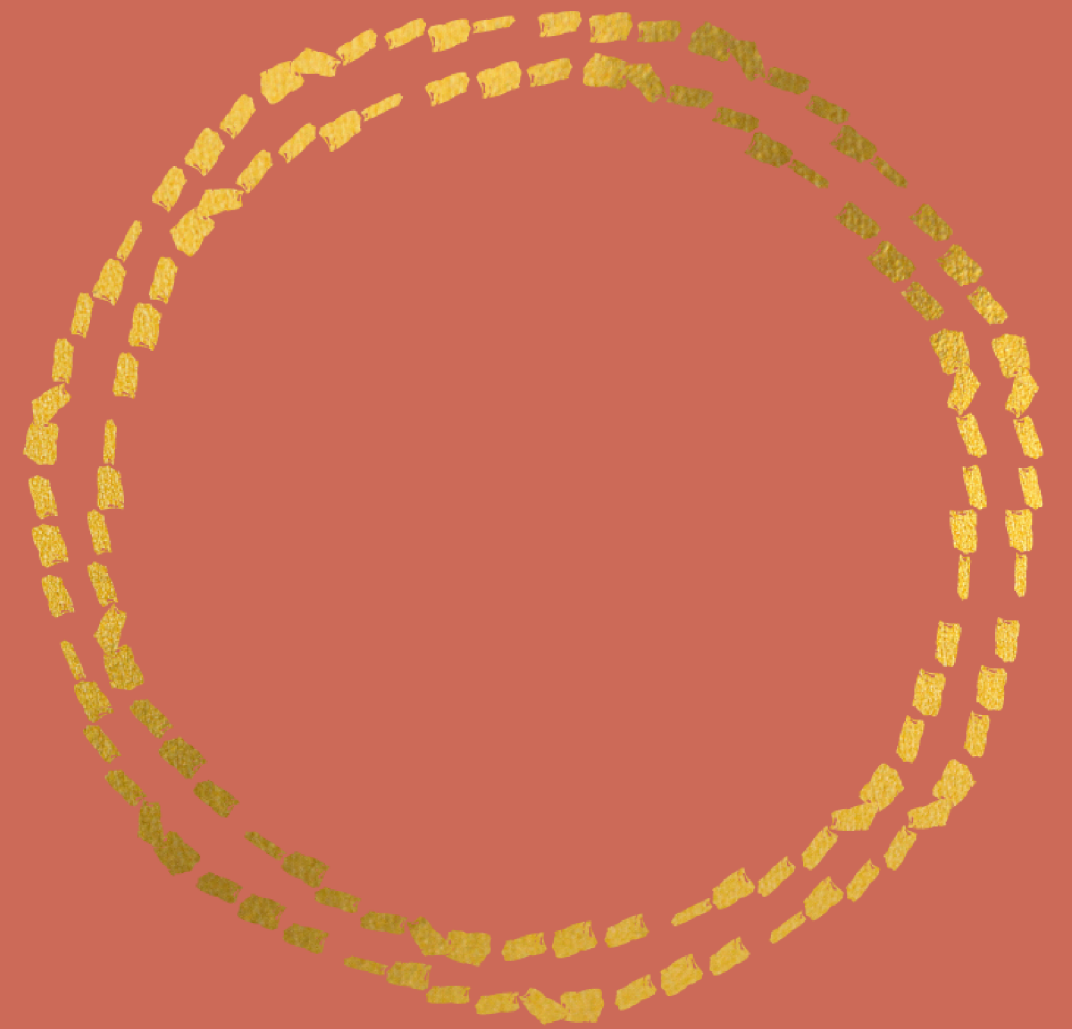
Why #1



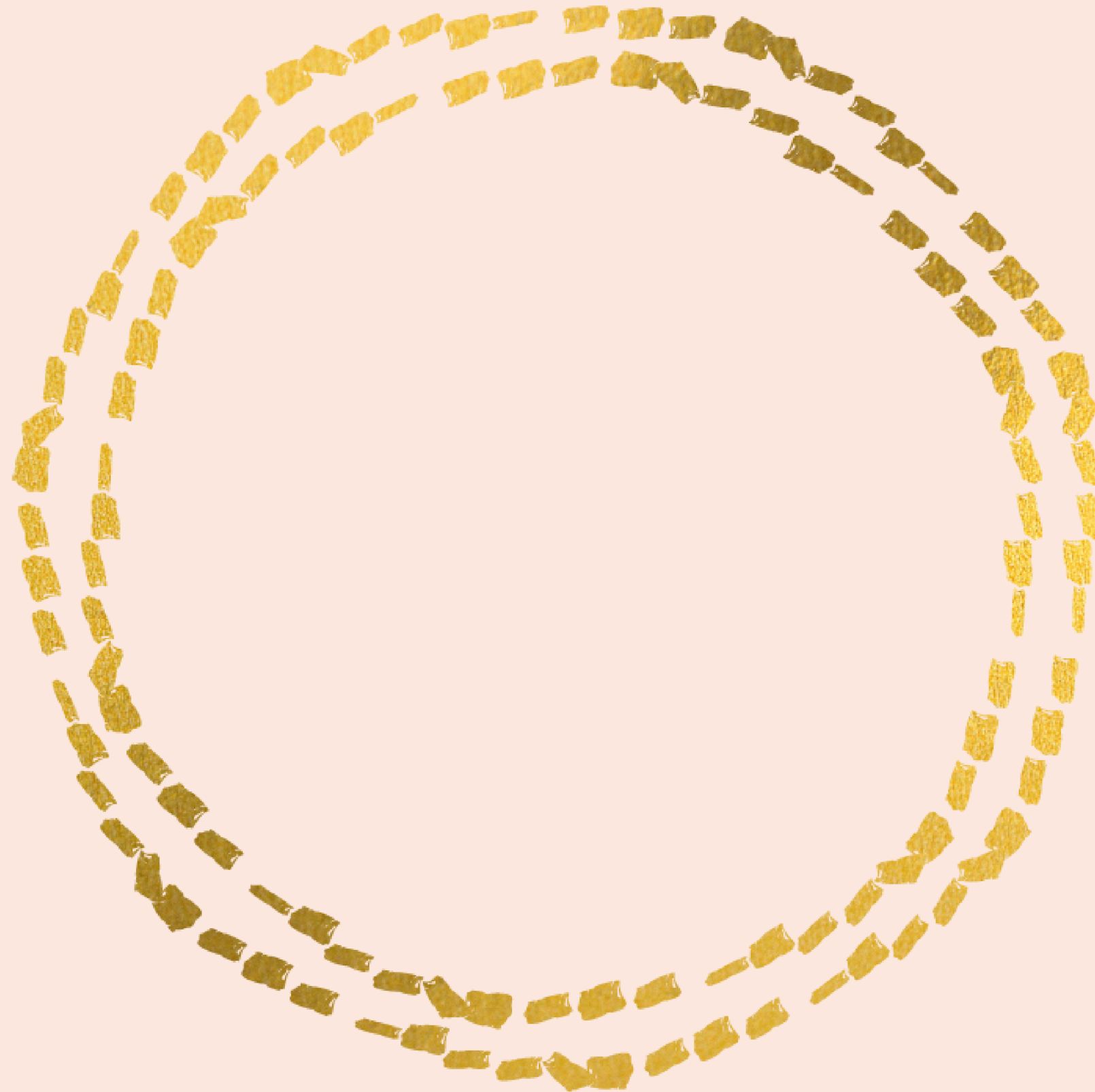
Why #2



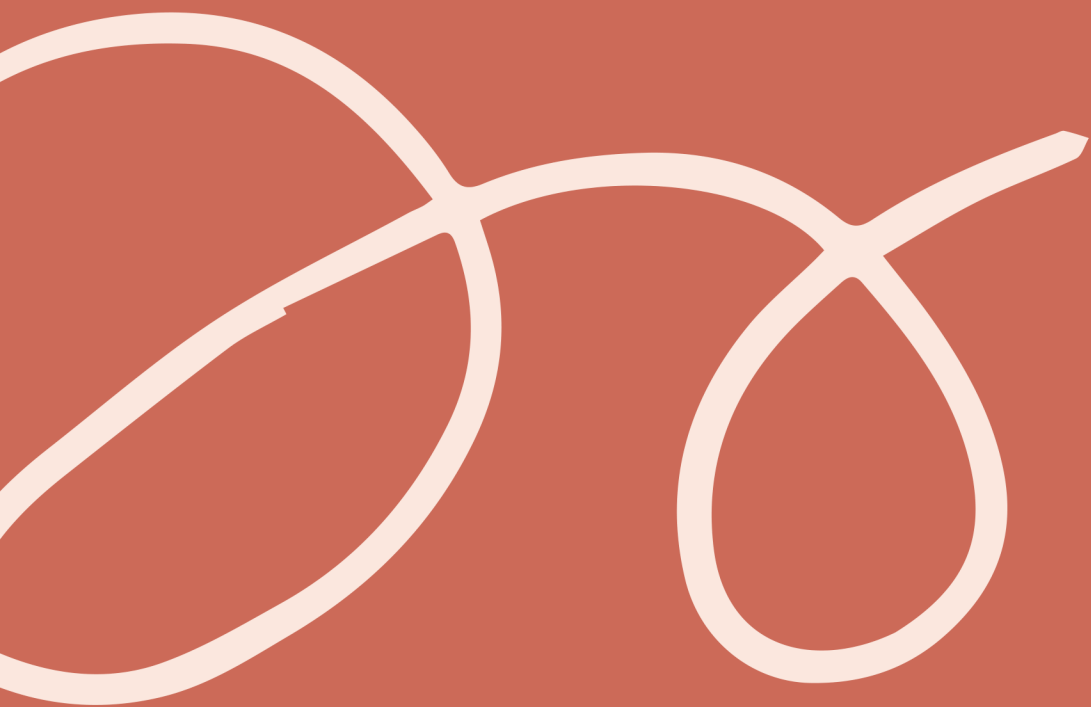
Why #3



# Dig Deep Why #4



POST THIS ON YOUR WALL

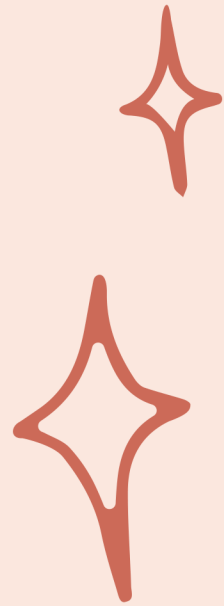
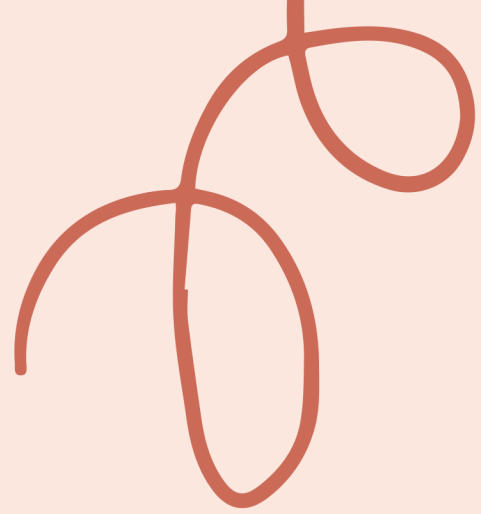


3. Question diet culture, stop dieting and begin to trust your intuition



You know what is best

It isn't always easy to trust ourselves,  
especially when we have been told not  
to.

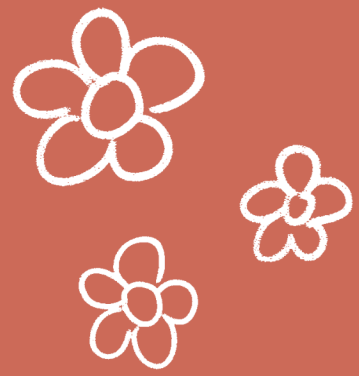


We have been told numerous times throughout our lives to not trust ourselves. People's opinions about us are not facts, they are just opinions.

If you have been dieting for a long time, then you have wired your brain to believe that shrinking your body is the only path toward finding love and acceptance.

Start questioning the fad diets. Start questioning social media and their persistent "beauty is on the outside" mentality. Start questioning the idea that weight-loss is the way to free yourself.

Start believing that you CAN trust yourself and that you CAN free yourself from endless years of feeling bad about your food choices and your body.



Moving forward, believe that you know what is best for you. It will take some time but, you can re-learn to honor your body and make peace with food so that acceptance and love are your main priority, not weight-loss.

Trust begins by believing that you know what is best for you. Gain back your power and gain back your freedom.



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# Reconnect with yourself.



**Take a few moments each day to place your hand on your heart.  
Breathe in for 4 counts and release for 8.**

**As you are doing this, think of someone who loves you unconditionally. This could be a friend, family member, child, higher power or even your wiser self.**

**Savor this feeling of warmth and trust as you come back to the present moment.**



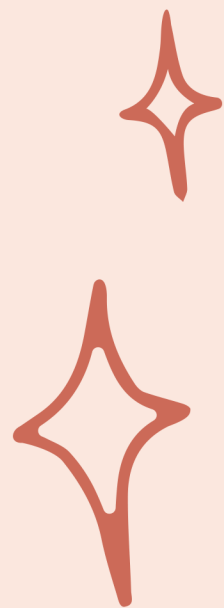




Everything in the  
universe is within you.



-Rumi



I am worthy.

