

FORGIVENESS

After years of battling with our body image, we must learn to forgive negative feelings.

Acknowledge them and realize they don't have to identify us.

Let them go.

Replace them with positive

images: not of what we wish we could be, but of where we are right now-this moment.

Know that it's absolutely okay to be who we are.

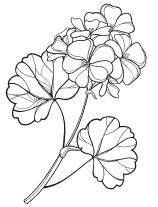


"Feeling beautiful has nothing to do with what you look like."

~ Emma Stone

and I said to my body softly
I want to be your friend
It took a long breath
and replied
I've been waiting my whole
life for this

~Nayyirah Wayheed



EVERY WOMAN



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EVERY BODY



IS UNIQUE



IS BEAUTIFUL

SELF-CONFIDENCE



BEAUTY IS NOTHING YOU CAN SEE

STRENGTH

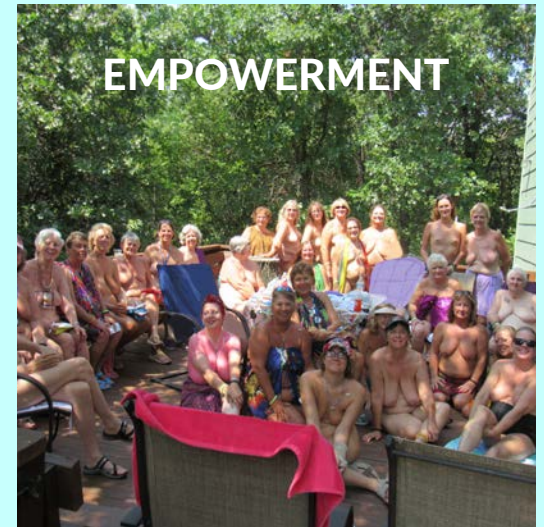


FEELING BEAUTIFUL



BODY ACCEPTANCE is feeling confident no matter what age, size, or life experiences our bodies have been through. **CELEBRATE** the diversity of experiences our bodies carry.

EMPOWERMENT



We must be **MINDFUL** of how we talk to ourselves. Give yourself one word of **AFFIRMATION** daily. Set aside time for the things you love. Build a strong mindset, and the body will follow.

WELL BEING



SELF-WORTH



ACCEPTANCE

A key in the journey to loving ourselves is spending time encouraging and inspiring each other. Together, women are **STRONG.**