

Embracing Your Confidence: Body Image: Cultivating a Positive Body Image

A Core Confidence Course Written by Abundance Emi

In this multi-part Core Confidence Course we will be diving into BODY IMAGE! First we will look into what it looks and feels like to have a positive body image. Then outline action steps you can take towards cultivating a positive body image. In this first part of this multi-part course we'll be highlighting mindset through self care routines and gratitude.

Background

First I want to share my experience with body image and how I began my journey to maintaining a positive body image.

- What's my story? What feelings have I experienced? What struggles have I experienced? (Article)

My story with my body image is like a lot of women out there. I had experienced a positive body image at some point in my childhood and then at some point a shift took place as my body grew and matured. For me, this shift happened at 20 years old. Not many people talk about the almost "secondary puberty" we experience as we enter adulthood. We fill out more, our facial features change, and we go through a lot of experimenting and questioning life as we leave high school and enter the adult world for realies.

During this time in my life I moved out of my childhood home, faced turbulence within my family relationships, dropped out of college, and was facing a lot of emotions I had never experienced before. This major shift paired with a crazy busy schedule left my nervous system dysregulated, self care routines left in the dust, and my confidence out the window for several years. My physical and mental health was at a low.

- How did I begin to make a change? (Article)

I decided one day that *enough was enough*. I put on my big girl shoes and decided to take charge. The first thing I turned to was my self care routines. I started thinking about what I was doing to nurture and pamper my body on a regular basis. Some things I started doing included moisturizing my body after every shower and painting my nails once a week for some "me time".

Moisturizing my body on a regular basis started reforming a connection with myself. I realized how out of touch I was with my body. For a long time there was a resistance that existed within me to fully see myself for what I was. I didn't want to accept how my body had changed over the past few years. This resistance turned into an avoidance within myself. By making an effort to

moisturize after every shower I had to touch my skin from head to toes which reestablished connection with myself and allowed me to see myself fully.

The second thing I implemented - painting my nails every week - meant I had a time carved out every week for “me time.” Intentional time carved out to do something for myself. To choose myself. I would watch YouTube and crack open one of my favorite drinks (Olipop) while I sat by myself for about an hour and painted my nails. This hour every week was something I looked forward to. It became exciting to take care of myself and do something completely for myself. These two simple steps were small at first but eventually propelled me back into having a positive outlook of my body.

Positive Body Image

Now let's take a look at what it means to have a positive body image.

- What does having a positive body image look and feel like? (Article)

Having a positive body image feels really good.

A positive body image means you are building yourself up on a regular basis instead of tearing yourself down.

A positive body image comes from a place of self love and respect.

It's being in full acceptance of where you are.

It comes from a place of action.

It looks like taking control of your own power.

It means taking charge of your health and wellbeing.

It looks like having gratitude for what your body can do.

It means that you feel comfortable in your body.

It means being excited to take care of yourself.

Action Steps

Let's take a look at some things you could take action on right now. For these Action Steps you'll need a pen and some paper.

- Self Care Routines (Article)

Take a look at your current self care routines. Usually these are things you do at the beginning or end of your day like brushing your teeth, showering, and skin care. But they could also be things that happen in the middle of your day like carving out some alone time. These are things you do that are purely for taking care of yourself - usually things done in solitude.

Make a list of your current self care routines.

Now let's think a little deeper. What could you be doing in your day to day to bring more connection to yourself? For me, this was moisturizing my body after every shower. What could you be doing in your week to week to prioritize yourself? For me, this was painting my nails while I watched Youtube and drank Olipop.

Write down two things you can add to your routine: one that will bring more daily connection to yourself and another that will prioritize your own needs or time on a weekly basis.

Whatever these two things are for you, write them down on a separate sheet of paper or a post-it note and put them up somewhere you will see them on a daily basis. Make an effort for the next 2 weeks to implement these two things into your routine.

- Gratitude

Gratitude is one of life's greatest cures. Gratitude creates perspective and acceptance for where you're currently at in this present moment. It helps bring us out of the fear mindset, the "but only if it could be this way..." mindset.

Think of the things your body does for you on a daily basis. It could be as simple as walking or standing up. Or things like allowing you to travel or participate in group activities.

Make a list of 5 things you're grateful your body can do.

Once you have this list of 5 things you're grateful your body can do, put it somewhere you'll see everyday and come back to it whenever you're feeling down on yourself.

Having a positive body image is not just about what our bodies *look like*, it's about what our bodies can *do*.

Conclusion

Let's wrap up this course with a check in.

- Course Check In

What are your current self care routines?

What are two things you can add to your routines?

What are five things you're grateful your body can do?

Are you ready to take action and implement these practices for the next two weeks?

☐ Yes!

Congratulations!

You just took two actionable steps towards a healthier relationship with yourself!

Look for the next part to this course where we'll highlight physical health through eating habits and physical movement.

If you are seeking further clarity or accountability for reaching your goals, check out my one-on-one services: Conceptualization Consultation & Accountability Assistance. Book a Free Discovery Call to learn more!