



**FIERCE BABES**

*Empowering Single Women*

## **YOUR RELATIONSHIP WITH YOUR BODY**

Your relationship with your body matters.

The constant abuse, negative self-talk and the doubt manifests as stress in your body. When you are constantly in emotional turmoil, despair and battling within yourself, your body will respond accordingly. It won't function optimally, you will find it very hard to get your required results and you just won't ever feel happy.

Your body should be your temple, your sanctuary. Not a place that you abuse, take for granted and constantly go at war with.

The self-loathing and the self-hate has got to stop ladies. You do this to yourself.

You can choose to have different feelings and thoughts about yourself everyday but you choose to stay in the same negative cycle.

It's most often easier to feel negative.

Unfortunately this gets you nowhere and fast.

You need to learn to love your body so it can love you back.

This is not being up yourself, or self-absorbed this is looking after yourself.

Here's how to start healing your relationship with your body;

### **Gratitude**

To start the process of appreciating your body you can start thinking about the amazing experiences your body allows you to have every day.

Focus on the good things you experience each day by focusing on the 5 senses;

1. Smell the amazing flowers
2. Taste; I loved my coffee this morning
3. Touch; I loved the feeling of that massage I had today
4. Sight; How beautiful was the ocean this morning
5. Sound; I loved hearing that new song

### **Speak kind words to yourself**

Don't look in the mirror and continue to throw abusive words around. Start focusing on one thing you like about yourself no matter how small it may be.

What you focus on expands so the more positive things you focus on the more things you will find that you like about yourself.

### **Stop Comparing**

Everyone has their own journey, not one is ever the same. So you can't keep comparing yourself to everyone else. Stop looking at the fake pictures on social media and in the magazines if they upset you or make you feel some kind of way. They aren't real. They are edited to the fullest and it takes 50 photos to get one good one. Everyone puts their best foot forward on social media remember that.

### **Speak to yourself how you want others to speak to you**

How would you feel if someone called you the names that you think about yourself everyday?

You would be upset and angry but yet you allow this kind of abuse towards yourself everyday.