



Thank You, From Your Body

Dear (YOUR NAME),

Thank you for thinking positive thoughts about me and for holding positive intentions towards me. Thank you for speaking to me respectfully. Thank you for encouraging me and speaking positive words of affirmations to me. Thank you for prioritizing me and striving to build consistent healthy routines with me. Thank for listening to me. Thank you for striving to discover my physical, mental, spiritual and emotional needs and to honor them. Thank you for being patient with me as I grow into different versions of myself, through different seasons of life. Thank you for being accepting of the different versions of me. Thank you for allowing me to gradually discover the fullness of myself without judging me. Thank you for learning to appreciate me and my development without comparing me to others. Thank you for being gentle and accepting of my areas of vulnerability. Thank you for striving to heal my wounds. Thank you for setting healthy boundaries for me and for protecting me. Thank you for allowing me to express the full range of my emotions without resistance and harsh judgement. Thank you for making me feel heard and seen.

Thank you for not demonizing my desire for pleasure. Thank you for honoring my pleasures. Your pleasure is MY pleasure. Thank you for not restricting my freedom. Thank you for allowing me to explore life. Thank you for making every part of me, feel safe. Thank you for accepting all of me. Thank you for NEVER giving up on me. I love you

With love,
Your Body

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