

Female Mind Unleashed



THE BODY LOVE

MINI WORKBOOK

100 Affirmations & 20 Reflective Prompts for

CONFIDENCE,
ACCEPTANCE,
AND SELF-LOVE



Love the body you're in.



Welcome



The Power of Positive Affirmations

The simple practice of reciting a positive phrase to yourself can have long-lasting effects. When you repeat an affirmation to yourself over time - whether out loud or in your head - you'll start to digest and believe that affirmation as truth. That internal truth will help you embrace your body with a welcoming, compassionate, non-judgmental mindset.

You'll begin to feel more capable of things you once doubted you could achieve. You'll feel more beautiful than ever, and most importantly, *you* will be in control of your self-worth.

Once you build respect and love for your body, you won't let others trick you into believing it's not good enough.

No matter what your goals are with a healthy mind-body relationship, affirmations are a great way to stay motivated, empowered, and to practice positive self-talk.

So grab a notebook, a pen, put on a favorite playlist, and tuck yourself safely away from the demands of life. You'll want some uninterrupted time for these affirmations and body-positivity exercises.

To self-love, growth, and all the good things that come with it,

Layla

Female Mind Unleashed



Loving Affirmations 1-10

1. My body's resilience astounds me; it carries me through all of life's adventures.
2. My body is not defined by societal standards: I don't have to prove its worth to anyone.
3. I am deserving of true love and acceptance, in every size and shape.
4. My body is a temple, and I nourish it with love, nutritious food, and joyful movement.
5. My worth extends beyond my appearance; I am a warm, gentle soul.
6. I revoke the power I've ever given anyone to judge or criticize my body.
7. I am more than enough just as I am, and I accept my body with open arms.
8. I embody strength and self-assurance and take pride in how I show up in the world.
9. I embrace positive body language and inspire other women to do the same.
10. I release any guilt or shame related to my body and focus on loving myself wholly.

Reflective Prompts

For A Healthy Mind-Body Relationship

All of the wonderful ways my body has helped me or shown up for me in my life include...

The moments my body felt the strongest or most alive were when...



Loving Affirmations 11-20

- 11.** My body is my ally, and I treat it with the respect and care I'd show a dear friend.
- 12.** My body is a storyteller, and mine boasts a rich, complex, and splendid tale.
- 13.** I choose to see the beauty in myself and others, appreciating our diversity.
- 14.** My body is a sanctuary, I fill it with positive thoughts and energy.
- 15.** I am deserving of compliments and express gratitude when they come my way.
- 16.** I release any judgments I have about my body and cultivate self-acceptance.
- 17.** My confidence and beauty come from within, shining outwardly for all to see.
- 18.** I am a spiritual being living in a physical world, and my body is but my ride.
- 19.** My body is amazingly capable, and I trust it to carry me through life's adventures.
- 20.** I choose to focus on my strengths rather than perceived flaws.

Reflective Prompts

For A Healthy Mind-Body Relationship

The parts of my body I take most for granted that I'd like to start offering more love to are...

I'd like to start nurturing and thanking my body for treating me so well by...



Loving Affirmations 21-30

21. I celebrate my body's ability to heal and adapt, showing resilience and strength.
22. My body is not an object for judgment; it is a vessel for love and compassion.
23. I pour love and respect into my body, and it responds with vibrant health and vitality.
24. I choose to prioritize my well-being over unrealistic beauty standards.
25. I love my body boldly and openly, inspiring others to do the same.
26. My body is my ally in achieving my dreams, and I treat it with kindness and gratitude.
27. I reject any negative comments or thoughts about my body, choosing love instead.
28. My body is a masterpiece, and I appreciate it for its unique value.
29. I let go of the need to please others and focus on what makes me feel good.
30. My body is constantly changing, and I adapt to these changes with love and acceptance.

Reflective Prompts

For A Healthy Mind-Body Relationship

The memories my body holds that I cherish most are...

The part of my body that connects me most to joy is...



Loving Affirmations 31-40

- 31.** There is no other body quite like mine, and I'm blessed to have been gifted this one.
- 32.** I am more than just my physical appearance; my worth extends far beyond my body.
- 33.** My body is resilient, and it supports me in all that I do.
- 34.** I am grateful to experience this life in the vessel that carries me through it.
- 35.** Every part of my body deserves love and acceptance.
- 36.** My body carries the soul of a warrior, the heart of a lover, and the aura of a goddess.
- 37.** I replace negative thoughts about my body with ones of love and compassion.
- 38.** My physical body is just one part of me, and I embrace its every mark, scar, and freckle.
- 39.** I honor my body's needs and treat it with kindness and compassion.
- 40.** I am confident in my body, and I carry myself with grace and pride.

Reflective Prompts

For A Healthy Mind-Body Relationship

My relationship with my body is evolving. Right now, it feels...

Something I've forgive my body for is...



Loving Affirmations 41-50

- 41.** I am not defined by my body; I am defined by my character, kindness, and actions.
- 42.** I support my body's natural tendencies, free from filters and unrealistic alterations.
- 43.** I embrace my soft curves and folds, recognizing they make me uniquely beautiful.
- 44.** I am deserving of self-love, and I choose to practice it daily.
- 45.** I am proud of my body and the life it helps me create.
- 46.** There is nothing more precious, innocent, and pure to me than my body.
- 47.** I am comfortable in my skin, embracing all that makes me who I am.
- 48.** My body is a source of power, and I harness it to achieve my dreams.
- 49.** I choose to surround myself with body-positive influences, letting go of negativity.
- 50.** I am a queen, and I wear my crown of self-love with confidence.

Reflective Prompts

For A Healthy Mind-Body Relationship

The habits I can enforce that support compassion for my body include...

A message I want to give my body today is...



Loving Affirmations 51-60

- 51.** I release any insecurities about my body and replace them with kind affirmations.
- 52.** My body is worthy of love and admiration, just as it is.
- 53.** I set myself free of body comparison and trust faithfully that I am on my own journey.
- 54.** I celebrate my body's imperfections, as they add character and depth to who I am.
- 55.** I am more than the reflection in the mirror; my worth comes from my heart and soul.
- 56.** I treat my body with respect and kindness, knowing it deserves nothing less.
- 57.** My body is a masterpiece, worthy of admiration and love from myself and others.
- 58.** I reject society's beauty standards and create my own version of beauty.
- 59.** I choose to focus on what my body can do rather than how it looks.
- 60.** My body is my home, and I cherish it as a safe and nurturing space.

Reflective Prompts

For A Healthy Mind-Body Relationship

The moments I've felt the best in my body were when I...

I feel most at peace with my body when...



Loving Affirmations 61–70

- 61.** I let go of the need for external validation and find love and acceptance from within.
- 62.** My body carries me through life's challenges with grace and strength.
- 63.** I am confident in my body, knowing it is perfect for me and my journey.
- 64.** I honor my body by nurturing it with wholesome food and positive thoughts.
- 65.** My body is an expression of my uniqueness, and I proudly display it to the world.
- 66.** I release any guilt about indulging in self-care and prioritize my well-being.
- 67.** I choose to see my body as an instrument of love and positivity.
- 68.** My body is a canvas for self-expression, and I adorn it with love and creativity.
- 69.** I am deserving of love and admiration, regardless of societal standards.
- 70.** I set free the need to be "perfect" and welcome my wonderful imperfections.

Reflective Prompts

For A Healthy Mind-Body Relationship

When I look back on times when I was unkind to my body, I feel...

The things my body needs most from me now are...



Loving Affirmations 71-80

- 71.** My body is deserving of rest, and I listen to its signals with compassion.
- 72.** I release the burden of body shame and step into a realm of self-acceptance.
- 73.** I am a goddess, and I celebrate the divine power and pull within me.
- 74.** My body is worthy of love, care, and affection, and I give it freely.
- 75.** I reject negative body talk and choose to speak kindly to myself and others.
- 76.** I am at home and comfortable in my skin, radiating positivity wherever I go.
- 77.** My body is a canvas of strength and resilience, showcasing my inner power.
- 78.** I let go of any past criticisms about my body and embrace a new narrative of grace.
- 79.** I am proud of my body, and I honor it by taking care of my overall well-being.
- 80.** My body is a vessel for joy, laughter, and happiness, and I revel in its sensations.

Reflective Prompts

For A Healthy Mind-Body Relationship

The ways I can protect myself from other people's expectations of my body are...

When I do or say things that aren't compassionate toward my body, I will heal myself by...



Loving Affirmations 81-90

- 81.** I release any judgment about my body and choose to call it “home” just as it is.
- 82.** I am deserving of love, admiration, and all the good that life has to offer.
- 83.** My body is my partner on this journey, and I cherish the relationship we share.
- 84.** I am beautiful, and my confidence shines through every fiber of my being.
- 85.** I am at peace with my body, knowing that it is exactly as it should be.
- 86.** I honor the deep spiritual being I am by telling my physical body I am beautiful.
- 87.** Grateful for the gift of life, I cherish the safe, special vessel I inhabit.
- 88.** I let go of negative body thoughts and replace them with love and positivity.
- 89.** My body is a reflection of my unique essence, and I reside in it with pride.
- 90.** I release any guilt about taking time for myself and prioritize self-love.

Reflective Prompts

For A Healthy Mind-Body Relationship

When I slow down enough to notice, my body feels...

The things I will appreciate most about my body when I look back on my life include...



Loving Affirmations 91-100

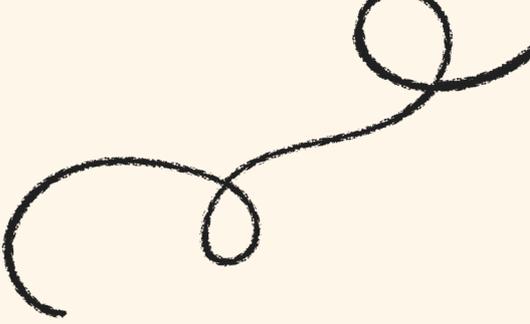
- 91.** Every curve of my body tells a story, and I showcase that story with pride.
- 92.** My body is a living testament to my journey, and I am grateful for every experience.
- 93.** I celebrate my body's achievements and am proud of the progress I've made.
- 94.** I am confident and empowered, and my body language exudes self-assurance.
- 95.** I let go of any shame about my body and choose to stand tall in my truth.
- 96.** My body offers me a safe space to grow into the person I want to be.
- 97.** I am a ray of body positivity, inspiring others to love themselves unconditionally.
- 98.** My body is a work of art, and I will treasure it as I would a precious painting.
- 99.** I choose to see my body as an ally on my journey, supporting and empowering me.
- 100.** I am deserving of self-love, and I make it a priority in my daily life.

Reflective Prompts

For A Healthy Mind-Body Relationship

After reading through the affirmations and doing this reflective work, I feel...

The 3 affirmations I resonate with most and would like to keep close to my heart are...



In Closing

Remember, positive affirmations are a time-tested tool used to reset your internal dialogue and quiet that pesky inner critic.

Overtime, reciting these affirmations will help you build a positive body image. More than that, you'll start to truly **believe in the beauty and power of your body.**

You'll carry yourself with more confidence and show up in the world as your truest, most authentic self.

Repeat these mantras often, believe them as truth, and watch as they transform your relationship with your body. You are confident, worthy, and deserving of love exactly as you are.

Layla

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P.S.: View the next page to connect, stay in touch, and explore more resources.

Everything you need is already within you. When you choose to fill your mind, body, and soul with love and self-compassion – no one can take that from you.

About & Resources

About Female Mind Unleashed

Female Mind Unleashed was founded by Layla Kini – a mom, marketer, and lifelong writer and creator who believes true fulfillment lives at the intersection of intentional living, creativity, and emotional well-being. Her passion for these areas inspired the creation of the Female Mind Unleashed blog and a series of workbooks and digital resources designed to help women nurture their creative sides, foster healthy relationships, and pursue their best selves.



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MY FAVORITE THINGS

[A list of my favorite things for creativity, self-care, and the good life.](#)