

When we don't feel good in our own skin, we unconsciously sabotage what could be a vibrant life.

We don't show up for our lives.

We avoid pictures; we avoid clothes shopping; we avoid going places and doing things like swimming. (OMG -- that means a bathing suit! 🛀)

According to Women's Health, 87% of girls grow up thinking the world is judging them on their looks. 4% of women surveyed in the UK felt beautiful. Just 4%!

We don't feel we should have body confidence UNTIL we are a certain size.

You remember my nursing bra story - buying pretty, properly sized, matching underwear and bras opened my eyes. I learned that having body confidence was simply a decision and that regardless of my "size", I could choose confidence over shame.

To have Body Confidence is to Decide To!

Here are some other things that help a Wise Woman start Automating her Body Confidence:

1. Move it - exercise boosts Body Confidence. It releases endorphins and triggers positive feelings in the body.

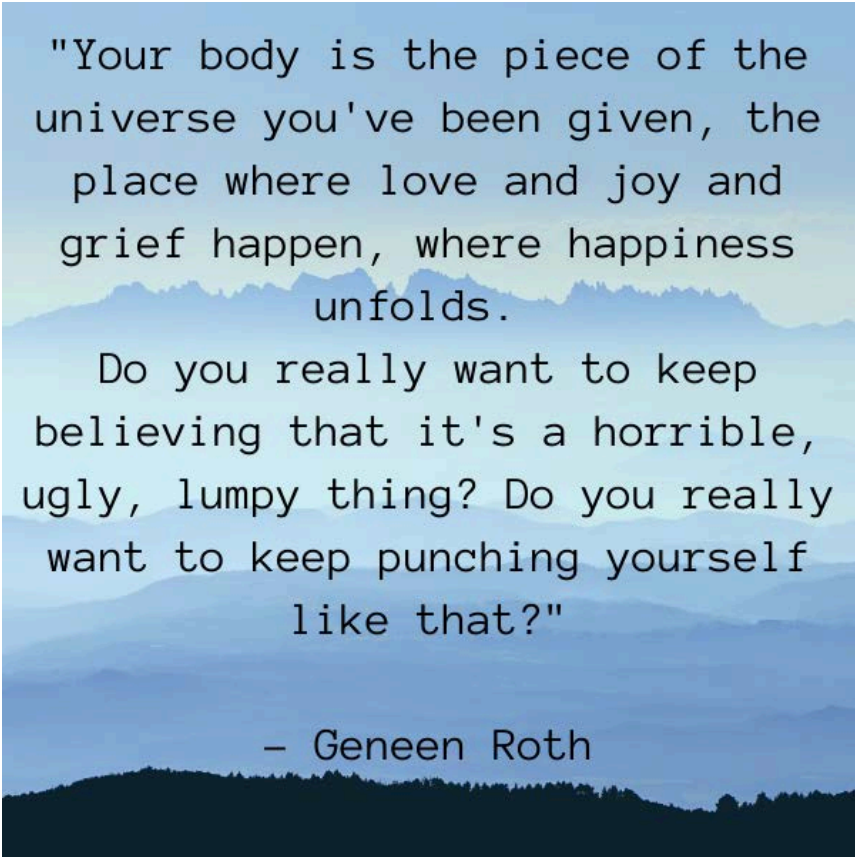
2. Eat to feed and nourish yourself. Eating WELL and right and opting out of the Carousel of Crazy Dieting, helps with Body Confidence.

3. Mindfulness via meditation, journaling, and having a positive, supportive environment moves the confidence needle. (I spoke about this on Tuesday!)

4. Accept compliments instead of the knee-jerk reaction to dismiss them. Instead - say THANK YOU! And BELIEVE IT!

5. Love yourself - for heaven's sake - WHO made you?

Body Confidence can be created and automated. It's time to stop complaining, saying "I look fat," and screaming and crying in the dressing room.



"Your body is the piece of the universe you've been given, the place where love and joy and grief happen, where happiness unfolds.

Do you really want to keep believing that it's a horrible, ugly, lumpy thing? Do you really want to keep punching yourself like that?"

– Geneen Roth