

Dear Beloved Body,

Thank you for being my greatest companion and the vessel through which I experience the richness of this beautiful life. I vow to honor, cherish, and respect you in every way. You are my most loyal ally. I appreciate everything you do FOR ME without me even asking.

I am committed to having a relationship with you that is based on love, appreciation, and deep listening. No longer will I ignore your whispers or push past your signals. I choose to trust you, to nourish you, and to celebrate you exactly as you are.

I choose to **see your beauty** in all forms, in all phases, in every curve, mark, and movement. When I feel judgment arise, I will notice with curiosity and shift my inner dialogue to one of kindness, replacing criticism with patience and tenderness.

I make **pleasure and joy** a priority—moving you in ways that feel exciting and energizing. I choose to feed you delicious foods that delight and satisfy you. I allow you to rest when you're tired.

I will no longer treat you as something to fix, shrink, or control. Instead, I will honor you as something to adore, nurture, respect and trust.

If pain or discomfort comes up, I am committed to being gentle with you instead of judging or fearing you. I'll love you just as you are with patience and tenderness.

I choose to be present with you as I go through my day. I'll listen when you speak—whether through sensation, emotion, or energy. I promise to slow down, to breathe, to ask: *What do you need?* And then, I will honor your answer.

From now on I promise to be your greatest ally, your biggest fan and your most devoted friend.

With love and appreciation,