

DAY 2: HONOR YOUR BODY



LOVING YOURSELF IS THE

GREATEST MIDDLE FINGER

#RADICALSELFLOVEMINICOURSE

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IT'S NOT YOUR FAULT

YOU'VE RECEIVED MESSAGES YOUR ENTIRE LIFE THAT
YOU'RE NOT GOOD ENOUGH. YOU'RE NOT THIN,
PRETTY, SMART, SUCCESSFUL, TALENTED OR CARING
ENOUGH. NO WONDER IT'S SO DANG HARD TO LOVE
YOURSELF!



I'M HERE TO TELL YOU A DIFFERENT STORY

My name is Julia Balto. I spent WAY too many years picking myself apart, feeling like I was broken and trying everything I could think of to fix myself. All it did was leave me anxious, depressed, and hating my body and my life.

Now it's my mission to END that cycle. To let every woman know that they are SO much more than enough and SO worthy of love.

You deserve to feel happy. Not just meh, life is OK. I'm talking seriously wild, vibrantly, loving the hell out of your life happy.

And I want to show you how.

So let's dive in! How do you actually and truly start to love yourself so that you can take back your power and your life?



2. HONOR YOUR *Body*

A recent international study reported that when given the option to rate themselves as beautiful or average 96% of women rated themselves as just average. NINETY SIX PERCENT!

One of the first objections that comes up when we work to focus on our strengths and connect with our vision is something about our physical appearance.

Because for years you've received messages from magazines, movies, social media, parents, teachers, and friends that you need to look a certain way in order to be worthy. So you try every diet, exercise program and pill you can find to fix yourself to fit that 'ideal' image.

How's that working for you?

Radically loving yourself means trying something different. It means:

- Intentionally choosing to define your worth as separate from your physical appearance.
- It means choosing to love and respect your body, even if you want to change it.
- It means choosing to show yourself grace. And when you find yourself picking yourself apart in the mirror, putting yourself down or reaching for a bag of cookies to binge on - pausing and asking yourself what it is you're really craving. What part of you are you denying?
- It means honoring your body with nourishment, food, and sleep so you can thrive.

"Perhaps we should love ourselves so fiercely that when others see us they know exactly how it should be done "

- Rudy Francisco

Exercises to Make Peace with Your Body and Own Your Worth

1

Write down the most common ways you pick your body apart. E.g. 'Ugh, these wrinkles' or 'This shirt doesn't hide my back fat' etc.

For the next two weeks, every time you catch yourself putting yourself down, replace that thought with one of the following:

**I'm learning to accept my body exactly the way that it is. I love you.
My body has nothing to do with my worth. I am enough.
You are beautiful. I love you, I really love you.**

2

Practice a loving kindness meditation - a practice of developing unconditional, inconclusive love.

Settling into a comfortable position, start by taking three deep breaths in through your nose, and out your mouth. Continuing to breathe in and out, use these phrases or any variation that feels right to you. Repeat each several times.

May I be happy.
May I be healthy.
May I be safe.
May I be at peace.



Next, think of someone that is close to you whom you have fond feelings for.

May you be happy.
May you be healthy.
May you be safe.
May you be at peace.

Repeat the phrases with a neutral person, with a person you have difficult feelings towards, out to all the people of your city, and the world.

Once you've reconnected with the woman who's been hiding deep inside, it's time to identify the habits that are going to balance what's happening **PHYSIOLOGICALLY** so that she can come out and shine.



Sometimes loving yourself unconditionally means eating the cupcake or the pizza. AND most of the time it means choosing habits that truly honor and nourish your body.

Nourish

ADD foods in for greater hormonal balance and reduced inflammation aka more energy, laser focus, and a calm and cheery mood!

1. Drink half your body weight (in ounces) of water per day
2. Eat three servings of veggies/day
3. Add in healthy fats to each meal and snack



Move

Find a way to move your body that you LOVE. If the gym isn't your thing, no big deal! Simply find a way to move your body EVERY day. Consider:

1. Dancing in your living room or taking a yoga or pilates class
2. Going for a long walk outside without your phone
3. High Intensity Interval Training (HIIT) at home or at a class

Sleep

Sleep is one of the first things to go when we're busy, stressed, or traveling and it's also a foundation part of feeling balanced, calm, and in control. Try some of the following:

1. Set an alarm to turn off all tech one hour before you want to be asleep
2. Wind down with meditation, a book, gentle stretching instead of TV
3. Plan to sleep in one morning instead of working to get up early

Meditate

Meditation is one of the most powerful tools for raising awareness of our thoughts and not getting caught up in the self-hate spiral.

1. Download the Insight Timer app and try a 5minute meditation.
2. Pause. Take 3 deep breaths in through your nose and out your mouth.
3. Practice the loving kindness meditation

Choose ONE of the above habits to try and implement this week. Don't overwhelm yourself with thinking you need to implement all of the habits at once.

You are already SO much more than enough. You have nothing to prove or fix.