

# **White Pine Activity 5: *Then Everything Happens at Once***

## **M-E Girard**

Author M-E Girard explores body image from page one of this novel. She explores Baylee's own body image as well as how she perceives the body of others including her sister Rebecca who has Cerebral Palsy. Baylee's transformation in the novel is based on her realisation that she can not love anyone else until she loves herself. Read the following positive body affirmations that follow and join Baylee in prioritising self love.



- 1. I love my body and I love myself.**
- 2. I am perfect and complete just the way I am.**
- 3. I appreciate my body for its strength, resilience, and function.**
- 4. I celebrate the beauty in myself and others.**
- 5. My body holds me and cares for me.**
- 6. My body deserves love.**
- 7. My body is strong and capable.**
- 8. My body is precious to me; it allows me to live my best life in this world.**
- 9. I am a beautiful and worthy human being just as I am.**
- 10. My body is worthy of love and respect as it is.**
- 11. I unconditionally accept and love myself just as I am.**
- 12. There are no limitations on what my body can do for me today.**
- 13. My self-worth is not tied to how I look in the mirror or how much I weigh.**
- 14. I thank the food that I am eating for nourishing me.**
- 15. Food is not good or bad. It's value to me is linked to how it nourishes my body and soul.**
- 16. My body is a blessing from the Universe.**
- 17. I accept my body and myself as I am, and I move forward with love.**
- 18. I feel good when I take care of my mind and body.**
- 19. I exercise to make my body healthy.**
- 20. My body is my home and I will take care of it.**
- 21. I honour and respect my body with nourishing food, positive thoughts, and physical movement.**
- 22. What others think of me does not define who I really am at heart or my worth.**
- 23. I will pay close attention to what my body is telling me and treat it with care.**
- 24. My body is a source of strength, not insecurity or shame.**
- 25. I am not defined by what my body looks like; I'm so much more than that!**
- 26. I am free to be who I really am, and I refuse to allow the words "thin" or "fat" to define me.**
- 27. I will no longer be enslaved by labels, thoughts and feelings that do not belong to me.**
- 28. I will take time for self-care on a daily basis.**
- 29. There is no room in my life for shame or embarrassment about myself.**
- 30. My body is perfect for me.**

