

I Love my Body

Inspiration for Self-love
Mastery



Penny Muller

The female form is beautiful



Soft and graceful



A work of art



Still beautiful when it is
imperfect



Still soft and graceful



Still strong and powerful



Still mine



My beautiful body



All bodies are worthy of love



Younger bodies



Older bodies



And all those in between



Maybe you haven't heard



That our bodies are on our
side



They keep us safe



And well



I forgive myself



For not always loving my
body



And now I can see that my
body is my best friend



Always there for me



Even if I'm not perfect



I love my body



My beautiful, strong,
capable, intelligent, soft,
graceful body



Because love is the key to
everything



Love is the only way forward



If I show love to my body



My body will feel good



And I will be able to live my
life with joy



And no longer miss out on
the most important things



Because life is short



And meant to be enjoyed



Now that I see the beauty in
my body, I'm coming to see
other bodies as beautiful



Because they are



My body is both human and
divine



A gift to cherish



For pleasure



And purpose



And fun



*I love my
body*

Loving my body is a journey.

I give myself time.

I trust the journey.

Each day I remind myself
that my body is worthy of
loving care.

Every day I take loving care
of my body.

My body is sacred.

I cherish my sacred body.