

A person wearing a grey jacket, black leggings, and a red beanie is hiking on a dirt trail. The background features rolling hills and mountains under a blue sky with scattered clouds. The person is walking away from the camera towards the right side of the frame.

5 Days to Love Your Body More

with

Laura Shaw



Welcome to 5 Days to Love Your Body More

My name is Laura Shaw, and I'm so glad you're here!

In a world often dominated by unrealistic beauty standards and diet culture, it's time to embark on a journey of self-discovery and self-love.

Over the next 5 days, I will guide you through actionable steps and activities to help you foster a better relationship with your body grounded in acceptance, appreciation and love.

These steps are created so you can go at your own pace. Feel free to revisit them as many times as you'd like!

Now, let's dive in and embark on this body image journey together!

with Hope,

Laura



Day 1: What is Body Image?

Our society has witnessed a significant evolution in how we perceive and define beauty. From the pressures to conform to “acceptable beauty standards” to the incessant influence of diet culture, we are navigating a complex landscape.

However, there's a paradigm shift happening—one that embraces diversity and rejects unrealistic beauty standards.

Your first activity involves reflecting on your views and experiences. There are no right or wrong answers here, just full permission to get curious!

Activity: Journal Prompts

Take a few minutes to journal about what body image means to you. Here are a few prompts to get you started:

- What has body image looked like in your life?
- Do you remember the first time you became aware of your body? What was that experience like?
- What would you like your relationship with your body to look or feel like?
- What's one step you can take this week to show yourself kindness?

Day 2: Cultivating Self-Compassion

We can be our own worst critics. We don't always realize the severity or tone of how we speak to ourselves.

Are the things we say about ourselves something we would say to a friend? Would we say it to the little kid inside us who just wants to be seen or heard?

Cultivating self-compassion starts from within. The little steps we take to show ourselves kindness and grace lays the foundation for a gentle and compassionate relationship with ourselves.

Activity: Embrace Your Inner Child

Look for a photo of yourself as a child or from a time when you felt free or childlike. Place the photo on your mirror or change it to the wallpaper on your phone.

Whenever you have negative thoughts or are being hard on yourself, I want you to look at this picture and remind yourself that this little kid is who you're talking to. What do they need to hear from you?

PRACTICE
SELF
COMPASSION



Day 3: Social Media Detox

The media we consume impacts the way we see ourselves. Whether we're aware of it or not, how we perceive ourselves is influenced by the world we live in and the messages we receive about our bodies.

Activity: Reflect on your Social Media

Take a few minutes to scroll through your social media accounts and reflect on the people you follow.

- How does it make you feel?
- How do you want to feel when you're using social media?

Now, I want you to unfollow/mute/block any accounts that make you feel uncomfortable in your body or who make you feel the need to change the way you look or how you show up in the world.

You are enough just as you are! You don't need to change who you are to fit in with the status quo. This world needs you as you are!



Day 4: Body Diversity

Body diversity is a beautiful thing, AND there are layers to embracing our bodies, especially in a world where fatphobia, racism, healthism, ableism, ageism, etc., exist.

It may not feel safe or be safe for you to be your true self, so I want to hold space for you in this moment. So pause, and take a few deep breaths.

Having a body is hard. If you need support, help is available. Friends, family, community groups, religious groups, professional help, etc., can be a great place to find support.

Activity: Diversify Your Feed

Take a few moments to scroll through your social media feed. Without judgement, take note of who you see. What bodies do you see? Do they look like you?

Now, I want you to follow different accounts/people who don't look like you, follow people with different abilities, ages, backgrounds, body size, gender identity, etc.

Let's learn from each other and celebrate our differences!



Day 5: Celebrate Your Body

Movement has been hijacked by diet culture and we've been told that the sole purpose of moving our bodies is to shrink them, make them look a certain way, or find value in "what they can do". I want to challenge you to look at movement beyond this very narrow view.

Our relationship with movement is so much more than exercise. We move when we breathe, stretch, clean our homes, walk our dogs, interact with friends and family, when we laugh, and when we dance.

Movement is a part of our humanness. And it's going to look different for everyone.

Activity: Reflect & Celebrate

Take a few minutes to journal about what movement has looked like in your life.

- What has your relationship with movement looked like and felt like?
- What kinds of movement bring you joy?
- What would it look like to engage in movement without focusing on numbers, appearance, or perfection?
- What would it feel like to take a day off of tracking your steps, macros, scale, etc.?



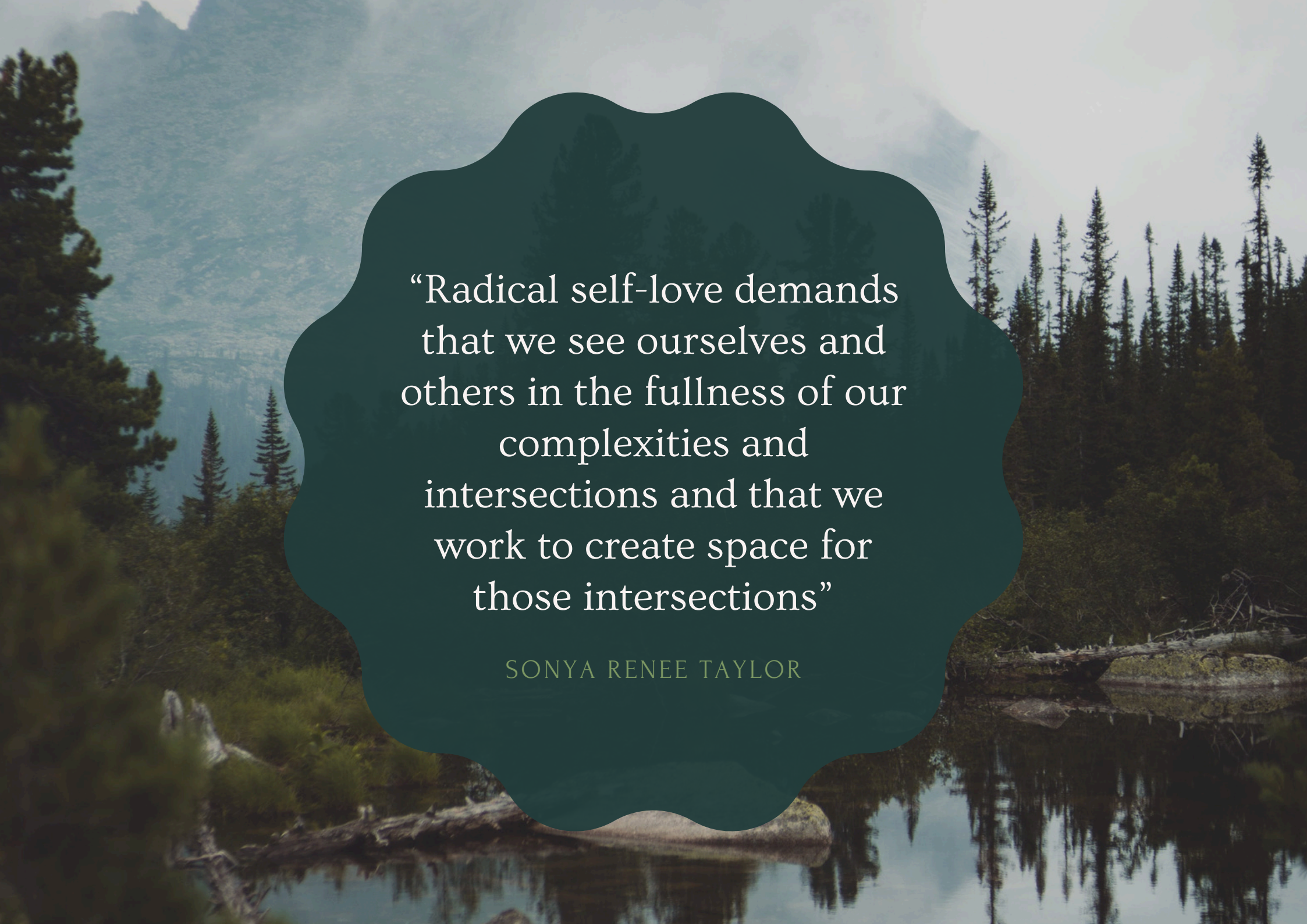
Congratulations!

You completed 5 Days to Love Your Body More!

I'm so glad you decided to take this time to reflect on your relationship with your body.

You challenged your views, reflected on your past, and made some changes in your life to better support your relationship with your body!

Moving forward, if you're looking for more personalized support, I would love to chat with you! You can book a [Free Application Call](#) to learn more about the coaching plans I offer.



“Radical self-love demands
that we see ourselves and
others in the fullness of our
complexities and
intersections and that we
work to create space for
those intersections”

SONYA RENEE TAYLOR



About Laura

Hi, I'm Laura, a certified Eating Disorder Recovery + Body Image Coach.

I have lived experience with an eating disorder. I've been in the trenches, and I know just how hard it is to recover in a society that glorifies diet culture.

I found recovery with a supportive team of helping professionals and now want to help you find the same freedom and full recovery I was able to find!

Reach out through my website or social media to get started! Your story is worth fighting for.

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