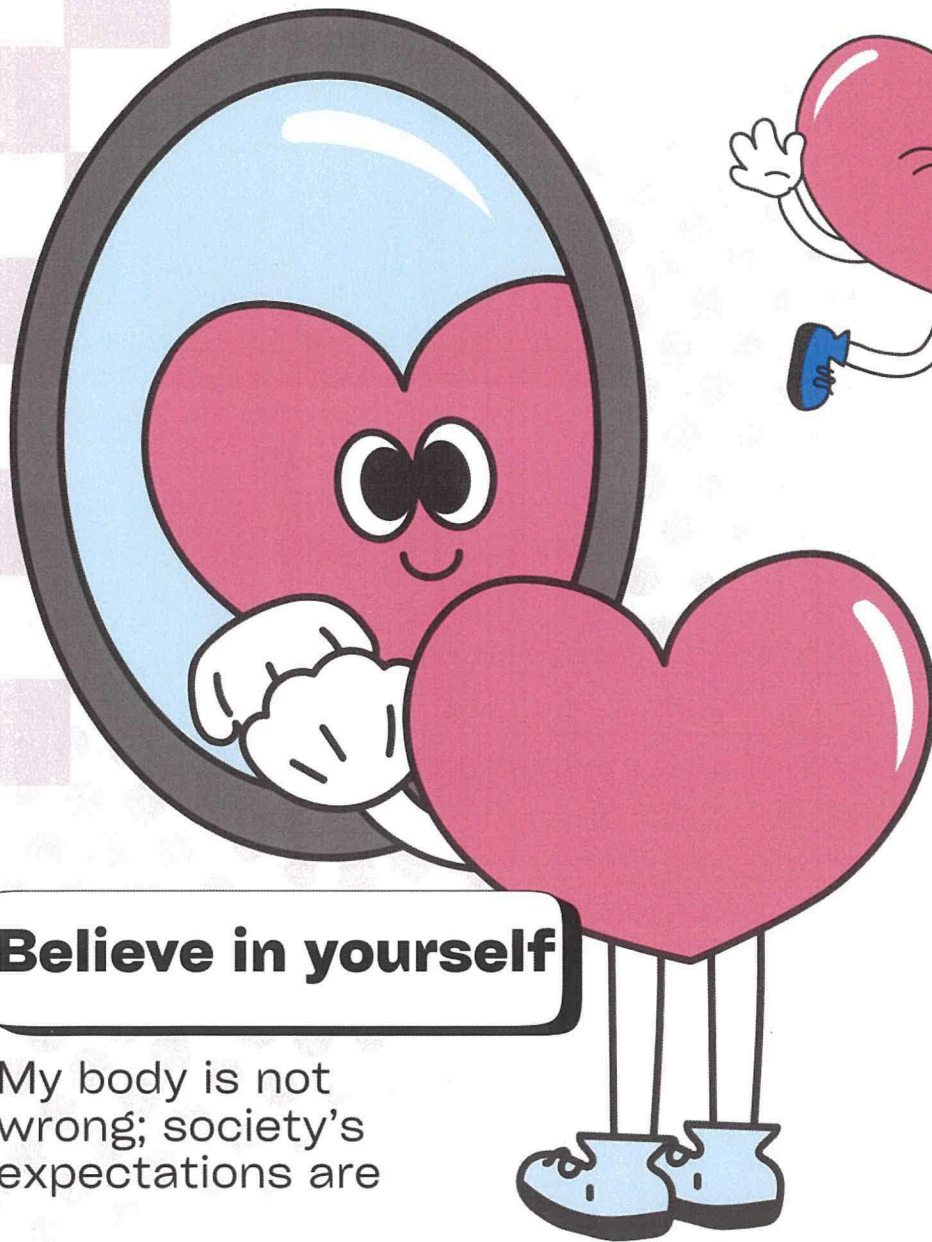


**I am Beautiful**

# Promoting positive Body Image

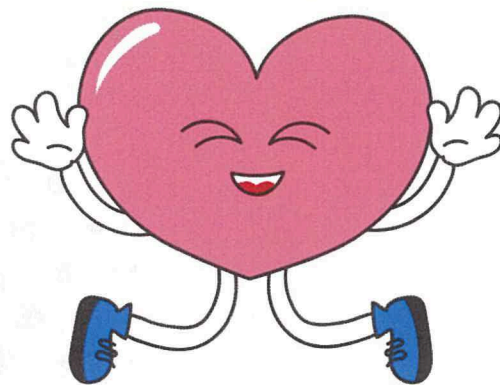


**Believe in yourself**

My body is not wrong; society's expectations are

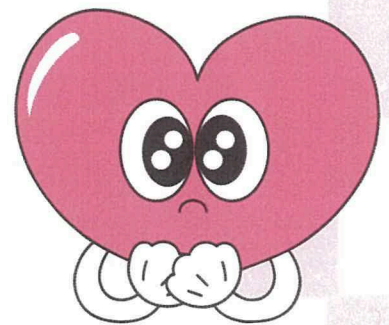
**Stay Positive**

I am perfect, permanently and inevitably flawed. And I am beautiful.



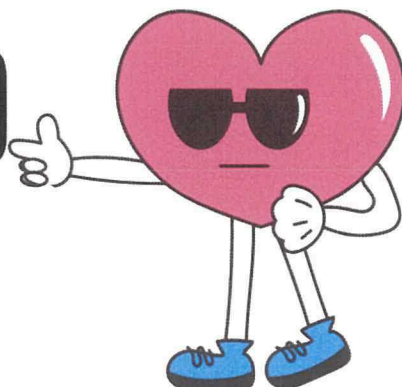
**Your Amazing**



If you become who others want you to be, you'll never become the person you're meant to be.





**Your enough**

Wanting to be someone else is a waste of the person you are






# YOUR BODY IS BEAUTIFUL

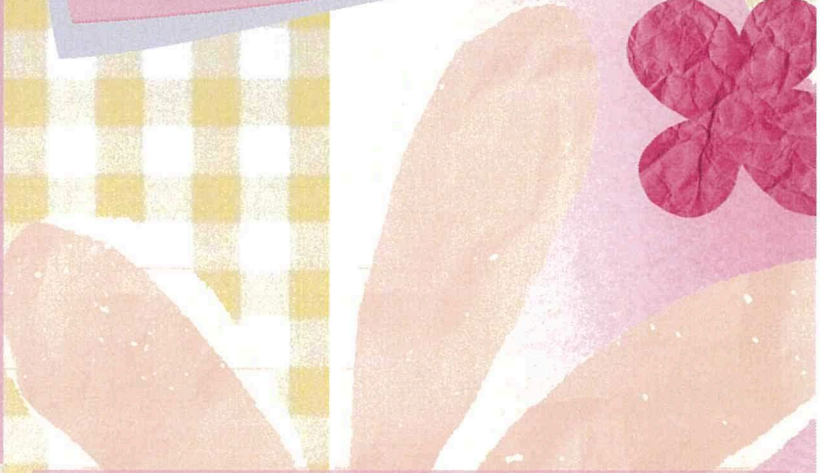
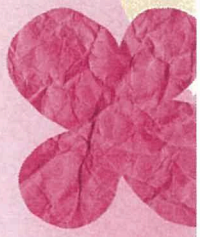


Social media gives us an unrealistic standard when it comes to our bodies. Those perfect, slim models you see in the media are often photo shopped and edited to get the perfect "ideal" body.


We need to stop comparing ourselves to others. We need to remember that social media is not reality and that everyone is unique. Everybody is beautiful and you are perfect the way you are.




Surround yourself with people who support you for who you are. Negative energy from peers can make you think poorly about yourself. Your friends should uplift your thoughts about yourself, not bring them down.



Your body is unique, powerful and beautiful just as it is. Embrace yourself with kindness and confidence. Remember, true beauty shines from within, and self-love is the best thing you could have.





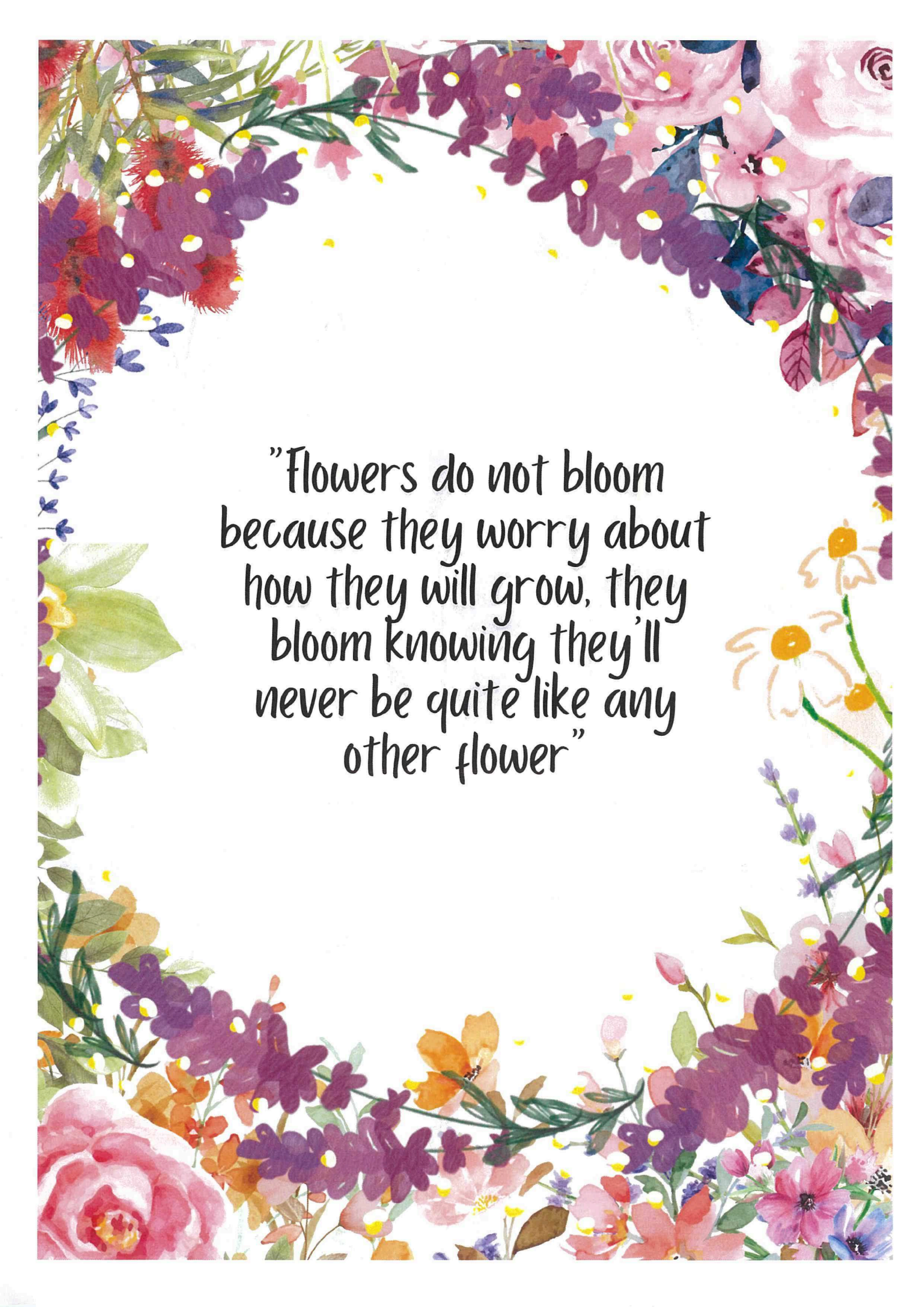
The person who says you  
aren't beautiful clearly  
hasn't seen the true you.



Think of it this way: your outer image is just a  
phase, over time it will wither away. But a  
beautiful heart and mind never lose their beauty.



Each flower blooms in its own way, love your  
petals



"Flowers do not bloom  
because they worry about  
how they will grow, they  
bloom knowing they'll  
never be quite like any  
other flower"