

MY DAILY BODY POSITIVE CHALLENGE

Send love to your
least loved part...



WEEK 1: 1ST - 8TH AUGUST

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WEEK 2: 9TH - 15TH AUGUST

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WEEK 3: 16TH - 22ND AUGUST

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WEEK 4: 23RD - 31ST AUGUST

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31 Day Practice.

May push buttons! May be challenging!

Positive or NEUTRAL statement to your most unloved part.

eg: Hello tummy. I love you. You are awesome.

eg: Hello tummy. You are fine, just as you are.

eg: Hello tummy. I'm just saying hi. Hope you are ok.

eg: Hi tummy. I'm sorry I've been mean.

eg: Hi tummy. Have a good day.