

beautiful us

reflections from the
body image book club

august 29, 2011

I am...

naughty living it up awesome a graduate
more interesting than pretty or small
wonderfully created and deeply cherished proud
all heart creative loving life
strong loud

I believe...

that nobody gets to decide my future but me

this isn't as good as it gets it gets better

in being genuine with myself and others **that i deserve gorgeous and beautiful things**
that my happiness doesn't depend on my body size

the next chapter of my life is going to rule

that i'm hot shit others do not define me

I hope...

to be myself

that i can live up to my full potential

that i'll never let my insecurities hold me back from life

take this love and teach my future wee ones and my current loved ones to love themselves

my kid always knows how amazing she is all the time and that i can remember it for myself too

to keep taking care of myself and find people that support me

to leave my mark on the world

to find a way to defend myself without the effort of fighting

I expect...

to learn amazing things from life
others to treat me with the respect that i deserve to keep learning more from life
new problems and new solutions to those problems that money isn't going to solve everything
all the good stuff that's coming my way
to have bad days and to remain fucking awesome throughout them
to make it better joy in small things to keep growing and changing
that i can choose happiness
to celebrate the life that i have cake
to continue to work on becoming new and amazing

I understand...

it's just a friggin body and deserves the same treatment as everyone else

that i deserve it

that comparing myself to others is bad for my health and heart

that not everyone is as accepting of me as i am of myself but that's their problem not mine

that i have better things to do than survive

we don't have to define ourselves by our past

that this life is finite so i better make it count

that this too shall pass whatever this is

that not everyone has to like me

i'm lovable and worthy just as i am

that kindness is the most important thing

that life will throw me more curveballs but i'll be ready

I am abandoning...

feeling guilty
playing small and scared shallow friends
should and guilt your definitions of perfection and worthiness
mothering people to whom i have not given birth hating my thighs
crazies the hope of looking 16 again
micromanaging my days
obsessing over crap being a victim

I am inspired to... **be mindful**

just write that goddamn book **be patient**

do the things i love that also scare me **slow down**

ask for what i need and expect to get it **make art again**

create the life i want to live **nurture the good and weed out the bad**

try new things i might not be good at

get back in the studio **savor life and food**

be kind **take risks**

I am embracing...

investing in myself the right to say no new friends
a different way to be me new interests asking for what i want self care
my flabby arms my thick thighs and my extra round butt
new ways of moving my body the time i have good food good sex good times
the way my voice sounds when i am not alone that sometimes good enough is good enough
the good stuff the relief of being ordinary a brand new style
my butt

I am invigorated by...

reading books in bed **nature** writing
dancing like a crazy person
delicious simple food water my new found love of the outdoors
making stuff a good workout **breaking a sweat in public**
a great hug **trees** dogs bursts of creativity
mother nature **a good laugh**

The tools in my toolkit include...

cake
yoga breathing science naps
stress relief my family regular meals and sax serenity
my awesome friends logic taking time to clear my thoughts
being in the moment fun my husband acceptance of myself and things i can't change
choosing to let go of what i cannot control good friends
making good use of all the things that happen to me meditation memento mori
patience play my friends my confidence calmness
bubble bath my faith self care
routines
exercise