

I PROMISE

TO TRY MY BEST TO LOVE AND ACCEPT
MYSELF EVERYWHERE AND ALWAYS.
TO NOT SPEAK NEGATIVELY OF ANYONE'S BODY,
INCLUDING MY OWN.

I WILL NOT BODY BASH.

I PROMISE TO RESPECT MY BODY
BY TAKING CARE OF IT,
FEEDING IT WELL AND KEEPING
IT OUT OF HARM'S WAY.

I PROMISE

TO REMEMBER THAT EVERYONE HAS THE RIGHT TO
LIVE IN A BODY IN WHICH THEY FEEL
SAFE, INCLUDED, VALUED AND ACCEPTED
REGARDLESS OF OUR DIFFERENCES.

I PROMISE

I WILL UNFOLLOW SOCIAL MEDIA ACCOUNTS THAT
NEGATIVELY AFFECT THE WAY I FEEL ABOUT MY BODY.

I PROMISE
TO RECOGNIZE THAT EVERY-**BODY** IS BEAUTIFUL.
EVERY-**BODY**- HAS A VOICE.