

50 Body Positive Life Hacks

1. Journal
2. Take a massage
3. Self-massage
4. Brew a cup of gorgeous tea
5. Meditate
6. Dance
7. Orgasms!
8. Go for a run
9. Swim
10. Yoga
11. Dress up
12. Dress down, sweat pants and doona days baby, YEAH!
13. GET powerful, WORK your body, BUILD your body
14. Expand your idea of what beauty is
15. Eat
16. Have a bath
17. Go to the sauna
18. Enjoy a soak in a spa
19. Try a flotation tank
20. Adorn yourself with jewellery, body art, tattoos, piercings
21. Lie on the grass and watch the clouds
22. Contemplate your genetic history
23. Try something adventurous
24. Hang out with folks who uplift you (Find them in Polkadotsi's group!)
25. Choose clothes that feel great and make you look great. Ignore the damned size
26. Eat chocolate cake
27. Drink a green smoothie
28. Go for a pushbike ride
29. Call an old friend
30. Be a goofball
31. Be 100% present to now
32. Turn of your damned computer

33. Listen to the birds
34. When all else fails, try soaking in water
35. 10 deep breaths
36. Write a poem
37. Paint/Draw/Create
38. Clean your room
39. Exfoliate your body and moisturise
40. Get a hair cut
41. Colour your hair
42. Make a list of wonderful things about yourself
43. Make a list of three things you're grateful for right now
44. Reflect on your perfect survival rate thus far
45. Sing at the top of your lungs
46. Remember you are POWERFUL
47. Ask for help
48. Clear your schedule and say no to demands on your time
49. Declutter your wardrobe, get rid of anything that doesn't make you feel glorious
50. Have a really long, indulgent, shower



You can get in touch with me at www.polkadotsi.com - it's my membership site with TONNES of gorgeous, sparkly, body positive goodness. It's free to join our basic membership!

I have this gorgeously supportive Facebook Group that I would love to join!

I wanted to invite you to join my free Facebook group called Polkadotsi Body Love. It's all about helping women who struggle with loving their bodies and who want to wake up every day, look in the mirror and feel gorgeous!

Polkadotsi is an incredibly fun and uplifting community where you can fall head over heels in love with your body!!

If this sounds like something you think you would benefit from, you can request access to join here: <http://on.fb.me/1NYfrQy> I'll be waiting there to welcome you to the sparkliest corner of the web!