

Body Love Letter Template

Dear Body,

When I think of you as an instrument instead of an ornament, these are the things that I appreciate that you do for me:

These are the things that I love about your appearance:

I commit to love and honor you by

Signed: _____

Date: _____

Witnessed by: _____

Date: _____

You can keep your body love letter private, or you can have a trusted person witness it. Sharing your body love letter with someone else, when you are ready, can strengthen your resolve to love yourself and help keep your gratitude toward your body more mindful.

- To share your body love letter online with the Love Warrior Community: <http://www.lovewarriorcommunity.com/submit-a-body-love-letter/>
- To read others' body love letters: <http://www.lovewarriorcommunity.com/category/body-love-letters/>
- To download the body forgiveness letter template or to share your body forgiveness letter online with the Love Warrior Community: <http://www.lovewarriorcommunity.com/submit-a-body-forgiveness-letter/>
- To read others' body forgiveness letters: <http://www.lovewarriorcommunity.com/category/body-forgiveness-letters/>

Visit the Love Warrior Community to develop & strengthen your self-love practice. **Love yourself. Love your body. Love the world.** www.lovewarriorcommunity.com & www.selflovewarrior.com.