

Body gratitude



I am grateful for this body

It helps me _____

This body is _____ *and* _____

It allows me to _____

My face radiates _____

My eyes are filled with _____

My lips help me _____

My chin is _____

My neck holds me with _____

I am grateful for hands that _____

I am grateful for arms that _____

With this stomach I can _____

These hips help me _____

These legs allow me to _____

My feet are _____

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It allows me to _____