

DAILY INSPIRATION CARDS:

(Cut these out and post them somewhere that you will see them every day! Your desk, your mirror, your closet, your bible, etc.)

My “why”:



My “why”:



Food is not a
punishment or a
reward



I do not need to
change my body to be
loved



It's going to be hard, but
the best things are
rarely easy



Everything is permissible for me, but not everything is beneficial. Everything is permissible for me, but I will not be mastered by anything.

1 Corinthians 6:12



The more I take care of myself, the better I feel



This is not a diet -
It's a lifestyle



Every pound on my body serves a purpose.



The weight wasn't put
on overnight and it
won't come off
overnight!



I am the only one who
can change my life



God made food to
nourish my body and
show me his goodness

Psalm 34:8



I am confident in
my ability to care
for my temple



I am strong.
I am capable.



I do not punish
myself in shame. I
encourage healthy
change in love

