

-
- My hands are useful for writing and driving.
 - Thank you thighs for walking me from place to place and holding me up when I have enough energy to practice yoga.
 - Thank you belly/stomach for holding food that sustains me and keeps me alive.
 - My arms allow me to cuddle animals to my chest.
 - I am more than my body. My body houses my empathic and kind soul.
 - My body will change shape and size over time and that is okay.