

HEALTH AT EVERY SIZESM (HAES) INSPIRATIONS

Joyful Movement

1. Today I will move for the joy of it.
2. Today I will dance to the music I love best.
3. Today I will find a few minutes to play.
4. Today I will tune in to what my body feels like before, during, and after I move it.
5. Today I will try out a movement or exercise activity I haven't done in a while.
6. Today I will go for a walk or a hike and enjoy nature.
7. Today I will go to an athletic shoe store and get shoes selected and fitted by a professional.
8. Today I will go ice skating.



Intuitive eating

1. Today I will enjoy what I eat and eat what I enjoy.
2. Today I will count clouds instead of calories.
3. Today I will embrace my hunger, because it tells me it's time to eat.
4. Today I will let go of ideas about "good" and "bad" foods, and simply eat what my body
5. craves.
6. Today I will eat a nutritious and satisfying breakfast.
7. Today I will weigh the merits of foods not only by how nutritious they are, but also how delicious.
8. Today I will have myself over for dinner. I will make some wonderful food, light candles, put on a dress and some nice music, and really savor every bite.
9. Today I will try something new to eat.
10. Today I will give every body part a vote about what we eat (this includes my mouth and my brain, too!).

Pampering/Self-Care

1. Today I will pick up the phone and make that medical or self-care appointment I keep
2. meaning to schedule.
3. Today I will put on some fabulous new shoes (even if I'm just trying them on in the store).
4. Today I will have a spa day. I will either go to a day spa to be pampered or make my own day spa at home with manicure, pedicure, hot bath, facial, etc.
5. Today I will take the first step towards finding a fat-friendly physician. (I could start with the [Fat Friendly Health Professionals](#) list.
6. Today I will buy myself flowers.
7. Today I will give loving attention to a part of my body which I rarely pamper.

Self esteem/acceptance

1. Today I will write down five things I appreciate about my body.
2. Today I will think of, and speak out loud, one positive/loving thing about a part of my
3. body which I usually dislike and/or ignore.
4. Today I will spend a few minutes alone, in front of a mirror, look myself in the eyes, and say, "I love you. You aren't perfect and you don't have to be. I love you unconditionally."
5. Today I will wear something that makes me feel sexy and delicious.
6. Today I will get a full-length mirror for my house.
7. Today I will stand tall! I will hold my head high and show the world beautiful posture.
8. Today I will go through my closet and get rid of everything that doesn't fit.



Connecting with others

1. Today I will tell someone they look beautiful or handsome.
2. Today I will enjoy a meal with someone I care about.
3. Today I will hug somebody!
4. Today I will spend the day smiling at people.

Connecting with the larger HAESSM community

1. Today I will read a HAES-positive article such as Dr. Jon Robison's article, "[10 Things You Can Do Right Now To Ease Concerns About Your Weight And Improve Your Health](#)"
2. Today I will visit a fat acceptance, fat fashion, or body positive blog (see suggestions at [New Year's ReVolutions Resources](#))
3. Today I will borrow or buy a fat-positive book (see suggestions at [New Year's ReVolutions Resources](#))
4. Today I will respond to an online article about weight loss or weight issues with a thought-provoking comment.

