

Imagine ...

- 1. If you were fearless, what would be the first thing that you would do?*
- 2. If you didn't have an eating disorder, would anything hold you back in life?*
- 3. If you didn't think about food, weight and calories all day what you create, and how would you spend your free time?*
- 4. If you learned to forgive yourself and love yourself the same way you are able to forgive and love others.*
- 5. If you were able to ask for what you needed from people and your loved ones around you.*
- 6. If everyone learned you weren't perfect, and you learned that no body's perfect.*
- 7. If you asked for help and learned you weren't the only person struggling with body image issues.*
- 8. If your mood was no longer dependent on your weight.*
- 9. If your children learned healthy eating habits from you.*
- 10. If you were able to love and accept yourself as a beautiful person.*