

# Love Your Body Daily Journal

## February



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As women, we often battle the inner thoughts of comparison and negativity revolving around self-image. Our goal for the month of February is to re-center our hearts and minds on the things we LOVE about ourselves by promoting and encouraging body positivity. As you take the time each day to write down what you love about yourself, I hope you will share on social media and empower other women to find something they love about themselves too!