

LOVE YOURSELF



BODY & ALL

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FINDING MY WAY

Hey, I'm Connie, and if you struggle with body image, I can relate. I was in first grade when I decided my body was "inferior." It happened when some girls told me I was too fat to play with them. Sadly, I put value on their cruel and untrue comment and let it shape my belief about myself and my body.

Looking back, it's sobering to realize how much I internalized the idea that my body wasn't good enough, and how long I held onto that belief. It saddens me to think about the years I spent viewing my body through an unkind and incorrect lens.

As a teen, I was highly motivated to do whatever it took to "look good." I developed an eating disorder, which continued after I got married.

I limited food and drank diet sodas instead. I exercised excessively, sometimes up to four hours a day. I was anorexic throughout my late teens and early twenties. Eventually, I switched to bulimia.

I lived in a super unhealthy cycle that weighed me down at all levels—body, mind, and spirit.

I compared myself to other women and believed my body didn't measure up. No matter how much I exercised, starved myself, or tried to change, I still saw my flaws.

Eventually, I had an emotional breakdown. I was in my early thirties and ended up being hospitalized for six weeks. That turned out to be a blessing—because it was a turning point for me.

That experience forced me to face the reality of what I was doing to myself and start the journey of healing, self-acceptance, and learning to see my body with love instead of criticism.

I gradually made peace with food and my body and learned how to manage myself better. But the most important and transformative moment happened when I was about forty-five. I was complaining about my body to a friend, and she told me she could feel how much my body didn't like it. She said my body was offended that I didn't appreciate it.

At first, I laughed it off, but then, one day, I said something unkind about myself—and I felt it.

I could literally feel how upset my body was, and I was deeply sobered.

That day, I stood in front of the mirror and apologized out loud to my naked body. I tearfully told it I was sorry.

I was crying because I really meant it.

That day, I made a promise—I promised my body that from then on, I was going to love it, appreciate it, and treat it with kindness.

It has now been about twenty years since I made the decision to unconditionally love my body—and what a beautiful difference that choice has made in my life!

Deciding to love my body was a powerful first step, but I wanted to truly lock in that self-love—so I committed to self-therapy practices that reinforced my appreciation for my body.

Looking back, there are two exercises that have been invaluable in helping me connect with and fully appreciate my body.

They are so powerful that I still do them today.

Here's how:



IT'S YOUR JOB TO LOVE YOURSELF

- Look at yourself in the mirror and say, “I love you.”
- This may sound simple, but in reality, it can be extremely difficult.
- It might trigger painful emotions, make you feel uncomfortable, or even make you want to avoid your reflection.
- If this happens, you are not alone—I’ve been there too.
- If this exercise feels hard, I challenge you to push past the discomfort and do it anyway.
- Start with your face—look straight into your eyes and say, “I love you.”
- Keep practicing until you mean it.
- Once you can say it with genuine love and acceptance, move on to the rest of your body.
- Tell your body, part by part, that you love it.
- Speak kindly to yourself.
- Your body deserves to be loved—by you.



MAKE A CONNECTION

Writing letters to and from your body parts is one of the most powerful exercises for healing body image issues. If you've ever struggled with self-acceptance, this practice can help you build a deeper, more compassionate relationship with your body.

This exercise is so valuable, I can't emphasize enough how important it is to do it.

- Find a quiet space where you won't be interrupted.
- Nighttime is ideal, as you can process what comes up while you sleep.

Step 1: Write a Letter to Your Body

- Begin with "Dear [body part]" (for example, Dear Tummy).
- Express how you feel about it—the good, the bad, the complicated.
- Ask any questions you have about why it looks or feels a certain way.

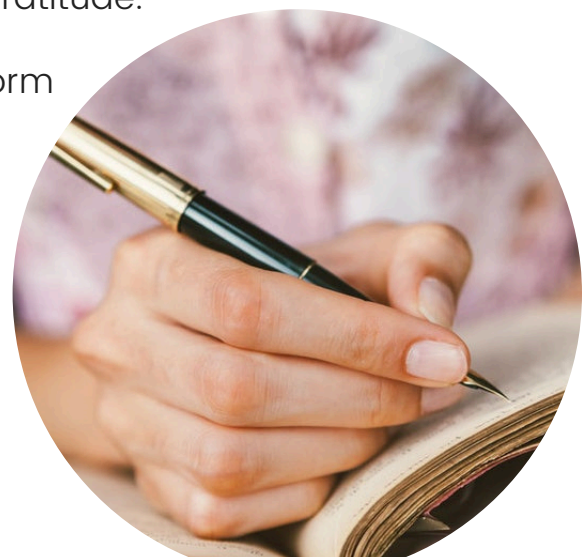
Step 2: Write a Letter Back from Your Body

- Now, write a response from your body part to you.
- Put your pen to paper (or hands on a keyboard) and let the words flow.
- Write every thought that comes to mind—don't censor yourself.
- Keep writing until your body part stops talking to you.

Why This Works

- It creates a space for honesty and understanding.
- It helps you recognize how your body supports you every day.
- It shifts your perspective from criticism to gratitude.

This practice is deeply healing and can transform the way you see, treat, and connect with your body. Try it—you may be surprised at what your body has to say.



SELF TALK MATTERS

How you talk to yourself—and about yourself—matters. Your body is constantly listening to the words you speak.

When you put yourself down or say unkind things, your body registers those messages and responds accordingly.

Your body hears what you're thinking. Your thoughts are just as powerful as your words. Here's how to shift the way you speak to, and about yourself.

- Start paying attention to the words and thoughts you direct toward your body.
- Every time you catch yourself thinking or saying something unkind, write it down.
- Then, write and say three positive things to counterbalance it.
- Compliment your body often.
- Say kind things to and about it.
- Your body will hear you and respond positively—because it is always listening.

*Changing the way I
talk to, and about
myself has been a
game changer! ♥*



EMBRACE YOURSELF

Once you've decided to love your body and have done the work to communicate with it and embrace its uniqueness, the next step is to own it!

- Embracing your body means dressing and carrying yourself with confidence, like someone who knows their worth.
- It's about caring for yourself in a way that makes you feel good so you can stand tall and feel comfortable in your skin—no matter who you run into.

For me, embracing my body looks like:

- Nourishing myself with clean plant food and plenty of water.
- Moving my body with regular exercise.
- Prioritizing rest so I get enough sleep.
- Processing my emotions so I don't feel bottled up and overwhelmed.
- Dressing in a way that makes me feel good about how I look.

“Dressing” myself includes:

- Showering and taking care of my skin.
- Doing my hair in a way that makes me feel put together.
- Wearing a little makeup and jewelry.
- Choosing clothes that feel comfortable and confident.

When you own your body, you present yourself in a way that reflects self-respect and self-love—not for anyone else, but for you.



A+ FOR EFFORT

The process of unconditionally loving and honoring my body is something I continue to work on. I've kept my promise to always love and appreciate it, but that doesn't mean I always treat it optimally—I'll admit, I could do better!

- Sometimes, I eat too much.
- Sometimes, I don't exercise enough.
- Sometimes, I forget to drink enough water or get enough sleep.

I'm certainly not perfect at taking care of my body. But here's what I've learned:

- My body is incredibly forgiving—as long as it knows it is loved.
- What I do consistently matters more than occasional slip-ups.
- I genuinely love and appreciate my body, and expressing that love goes a long way.

I believe all bodies are similar—that they function better, feel better, and respond better when they know they are valued and loved. I've massively upgraded the way I think about my body, and so can you.

Join my tribe.
Follow me on Instagram and Facebook
—I'd love to hear from you!

Sincerely,
Connie

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