



WHAT TO SAY

instead

BODY CONFIDENCE

(language)

checklist



For those of you who don't know, I'm Kate and that is Whinney the Pooh. She's my mental health on four legs and she shamelessly steals the spotlight often :)

Even when her mane is a mess, her coat is shaggy, and she's got extra winter weight on, she doesn't stress about her body image and I still think she's beautiful and have tons of fantastic things to say about her.

The compliments I am suggesting in this checklist are ways you can vary how you show appreciation for someone that have nothing to do with their appearance.

It's one way we can stop reinforcing the idea that the most important thing about women is how they look.

- Kate <3

- You look so great/pretty/beautiful
- Have you lost weight?!
- I love your hair/makeup/clothes
- That outfit totally suits your body
- How do you stay looking so youthful?!
- I can hardly even tell you had a baby
- You always look so put together
- You definitely have a better body than her
- You're totally bikini beach bod ready
- You are so delicate and feminine

- Lose that last 10lb before summer
- Wake up pretty!
- Get a better body now!
- Your dream hair
- Gain weight and you'll lose that promotion
- Your best beach body
- Swimsuits that flatter so you can go poolside with confidence
- Look 10 years younger instantly
- Wash away the grey
- Add this exercise for a toned booty you can be proud of

- Your adventurousness is infectious!
- You allow others to be themselves around you. That's such a gift.
- I have so much respect for how you've improved your (insert any skill here - guitar/writing/skating)
- I see how you bring your values to life by seeing goals through to the end
- OMG you are a riot. Sooo funny!
- I love how you listen to your body and know when to rest
- Wow. You are strong.
- You've been working really hard. It's inspiring.
- You've really mastered that exercise.
- I can't believe how determined you are :)

I appreciate how you respect people's time with your punctuality.

There is such gratitude in the way you live your life

You really know your stuff

Thank you for being part of my life. Your friendship is worth so much

I always feel refreshed after spending time with you

I love how encouraging you are :)

You are the definition of proud to be sassy

You totally nailed that jump (skiiing/ biking/skydiving)

The way you find good in others is admirable

You are one of the bravest people I know

Kate <3

Kickass Life Project

Redefining sexy

I want to be clear about something... there is nothing inherently wrong with complimenting a woman on how she looks.

Obviously it is nice to hear others think we are attractive, but a disproportionate amount of comments made to women and girls, are about how their body looks or how pretty they are.

The effect of that background awareness that we are constantly being body judged, results in overly critical self body thoughts.

Mix it up! Start making a point to give women compliments based on their achievements and the value they bring to the world. And make note of how surprised and grateful women are to be recognized for something other than how great they look.

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Attract^o

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