

A woman with long dark hair, wearing a light-colored long-sleeved shirt and dark pants, stands on a dirt path, looking out over a scenic valley. The valley features a winding river, dense evergreen forests, and mountains in the distance under a sky with soft, pinkish clouds. The entire scene is framed by a white border.

SPEAK KINDLY TO YOURSELF

*SELF-LOVE
ISSUE*

**BETTER BODY
IMAGE**

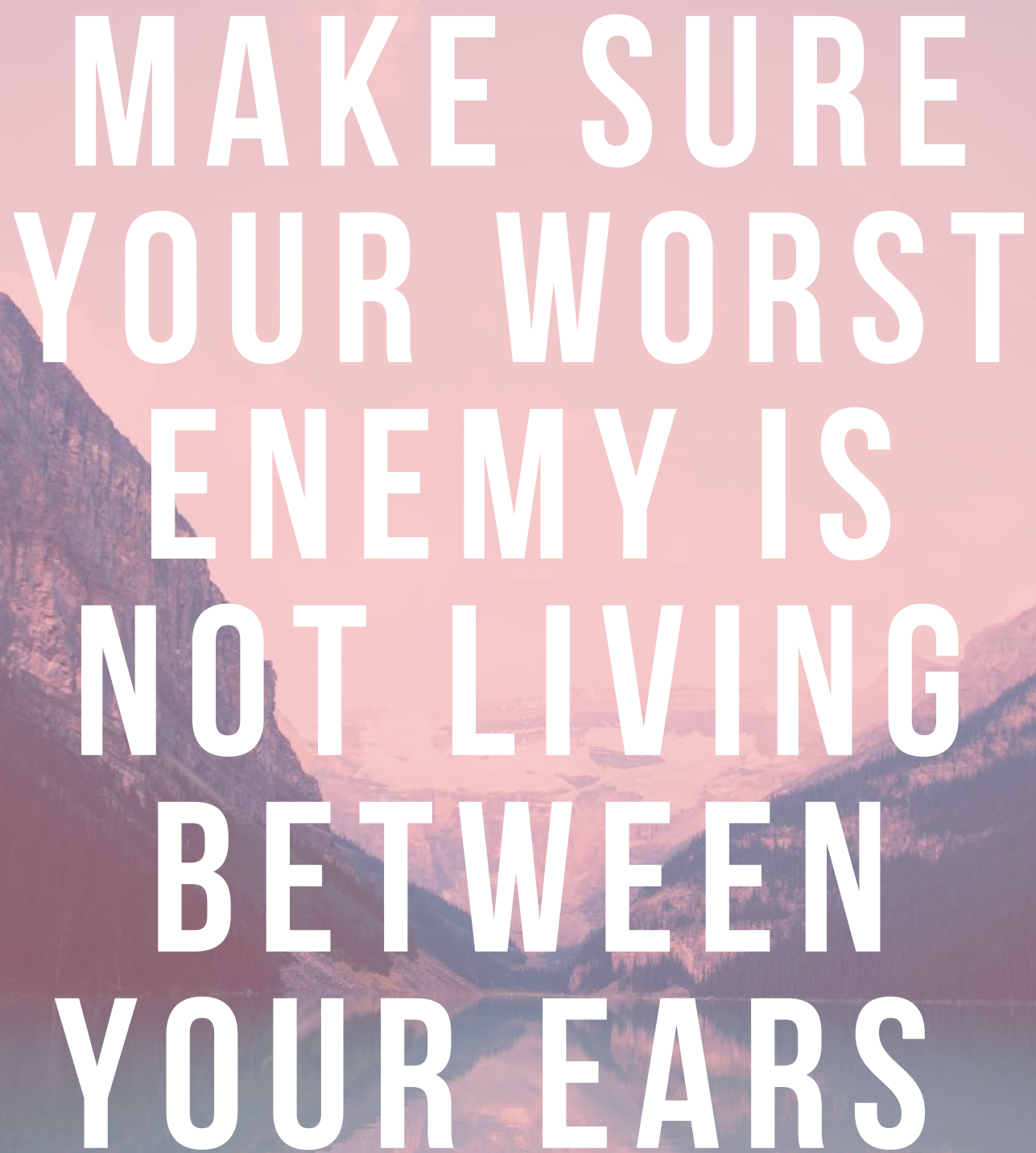
SPEAK KINDLY TO YOURSELF FOR BETTER BODY IMAGE



THE WORDS YOU USE MATTERS

Although you may think using certain words don't matter, they do matter more than you think. Your words shape your views and thoughts about yourself. Think of it this way, would you ever speak badly to your friend?

Would you have terrible things to say to them or would you compliment and encourage them? Being mindful of your thoughts and words have a direct relation to how you feel about yourself, your body and your health.



**MAKE SURE
YOUR WORST
ENEMY IS
NOT LIVING
BETWEEN
YOUR EARS**

*THIS ISSUE HAS BEEN DESIGNED AS A GUIDE
THAT CAN HELP YOU OVERCOME BODY
IMAGE FRUSTRATION FOR BETTER HEALTH*

This guide is designed to help you to speak kindly to yourself for a healthier, happier and sexier you! You will find simple tips and steps that you can put into action right away.

Conveniently refer back to this issue at any time when you feel you need a dose of kindness!

The focus is to take it One Day At A Time. When we attempt to make changes all at once, the weight of overwhelm sets in and rather than getting ahead you stop dead in your tracks and suddenly the bad mouth self-talk happens and all efforts are derailed.

**ONE DAY AT
A TIME**

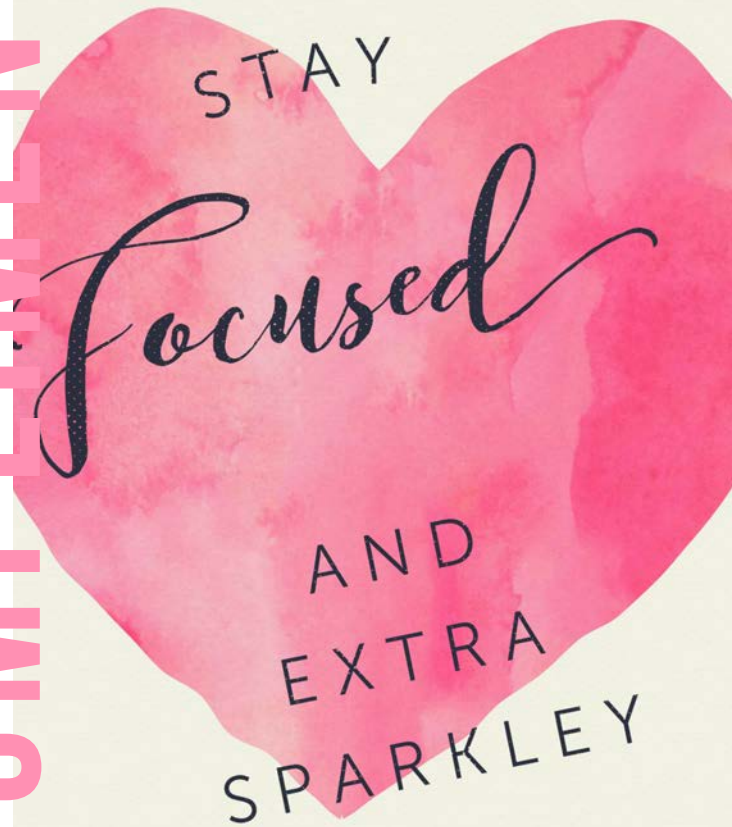


YOU'RE PRETTY!

How many times have you said that to a close friend or family member? Have you ever stopped and given yourself that compliment?

Think about this for a minute, how often do you find yourself telling other people how great they look and not once have you stopped to say it to yourself?

COMPLIMENT



BEAUTY

WHAT'S THE ONE THING YOU LOVE MOST ABOUT YOURSELF?!

Is it your hair? your eyes? or your smile? Or perhaps its your patience with people? I can guarantee, that there's one thing that you probably overlook every time.

Take a look in the mirror, give yourself a moment to feel relaxed and the one thing will be clear as day.

YOUR FAVORITE QUOTE?



WHICH RESONATES WITH YOU MOST?

They are everywhere! We see them on social media, books, videos, movies and just about every single classic book written by great authors, such as Ernest Hemingway, Have quotes that have stir up emotional reactions when we read them.

The power of words has power over us. Choosing the right quote and right words can help you to keep a clear mind full of self-love. Take sometime to pick your favorite quote that speaks to you the most.

A HEALTHY REMEDY THAT COSTS NOTHING

What do we instinctively do when we see our kids, friends or family members having a bad day? We do what we can to make them smile. And why is that? When a situation has you feeling stressed or flustered, even the most forced of smiles can genuinely decrease stress and make you happier.

There are countless studies on the topic of 'Smiling' to reduce stress. Just the mere act of smiling can instantly lift your spirits. Have you ever scrolled through Instagram or Facebook and you see something funny? right away your mood shifts and you're smiling and laughing. Which have profound affects on our moods.

SMILE



A photograph of a golf course path lined with tall palm trees. The path is paved and leads into the distance. A golf cart is visible on the path. The sky is clear and blue. The text is overlaid in white, bold, sans-serif font.

**ALWAYS
BELIEVE
SOMETHING
WONDERFUL
IS ABOUT TO
HAPPEN**

WRITE IT



WRITE IT...BELIEVE IT

Do you keep a journal? If you don't, that's okay. It may not be in your nature to do journal. However, I encourage you to write down something very specific that you found to be especially proud of yourself today.

You don't have to write a long paragraph, unless of course you like to write. I'm a lover of journals, and I tend to write a lot. I want you to think of something that you did that you normally would compliment someone else. But instead, you compliment yourself.

THE SIMPLE 3 STEP DAILY CHECKLIST:

THE CHECKLIST IS FOR YOU TO DO ON A

DAILY BASIS

PRINT OR SAVE THIS RIGHT AWAY!

STEP 1 SMILE

Carry a mirror in your purse, backpack, gym bag or use the mirror in your car. As you start your day or at night.

Give yourself a smile 3 times throughout the day. But YOU must look at yourself in the mirror when you do.

STEP 2 COMPLIMENT

Take note of something very specific you did today. It could be that you wore your hair down today. Or perhaps you decided to not wear gym

clothes all day long. Make yourself aware of how you look today. I believe there is one thing you felt good about today! Don't discredit it.

STEP 3 WRITE IT

At the end of your day, before you get to bed, write down something nice you did today. Either for yourself or for someone else.

Seeing it makes a difference. Then read your favorite quote, this should be the last thing you read before falling asleep.

*KIND WORDS ONLY
ALLOWED!*

Take it one day at a time. It can be a brand new habit to speaking to yourself kindly. But remember, you are YOUR own best friend. And you'd never talk badly to your best friend, right?!

**BE
YOUR
OWN
BEST
FRIEND**



**LOVE
YOURSELF**

*YOUR FRIEND,
SYLVIA FAVELA*

PS. I want you to stay in contact with me, so that I can help if you get stuck and need help staying on track.

 / BODYWEIGHTPILATES

 @SYLVIALFIT

 IN/SYLVIA-FAVELA