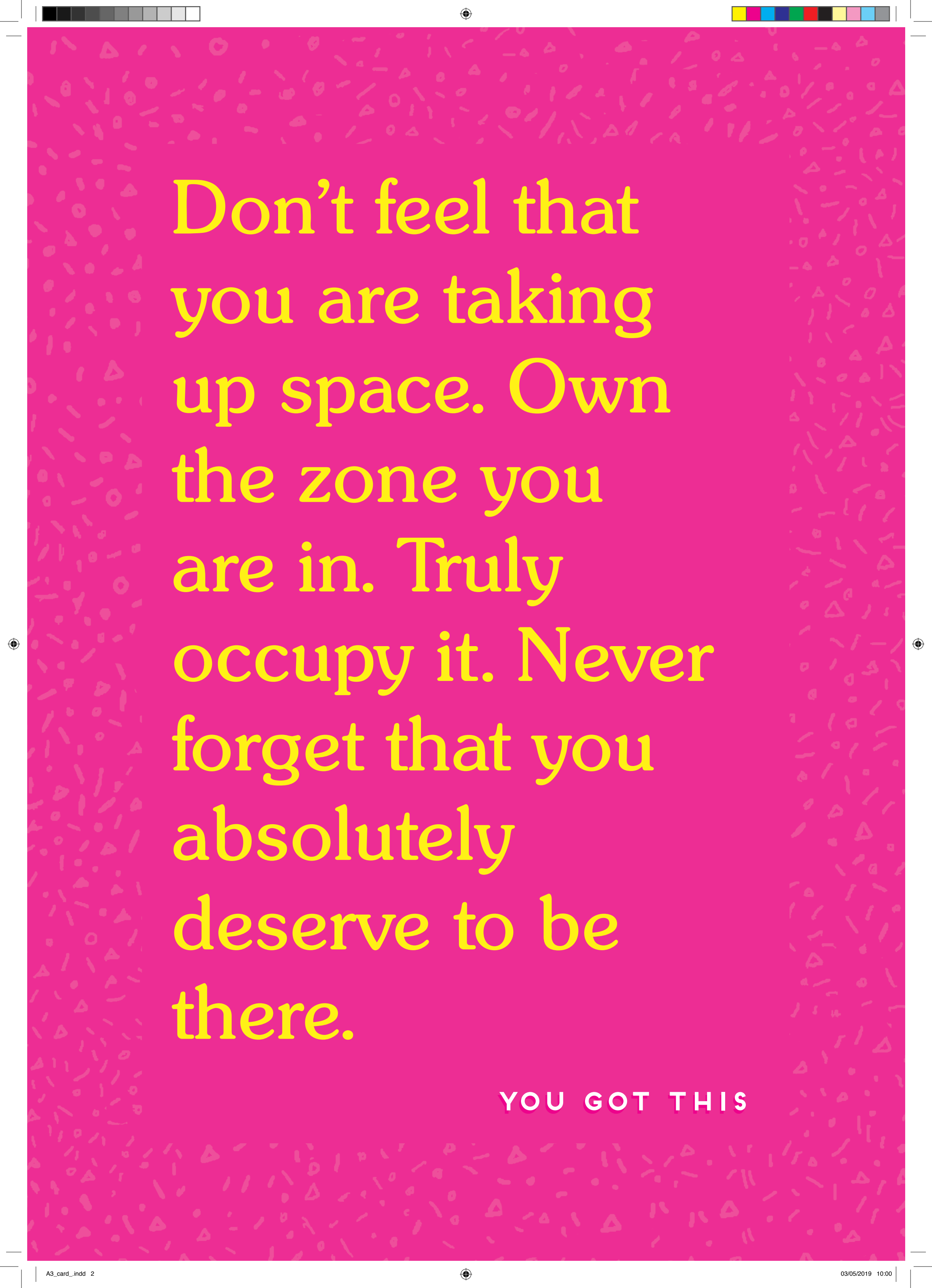


You only get
one body.
Be proud of
it. Nurture it.
Look after it.
Love it like it
loves you.

YOU GOT THIS

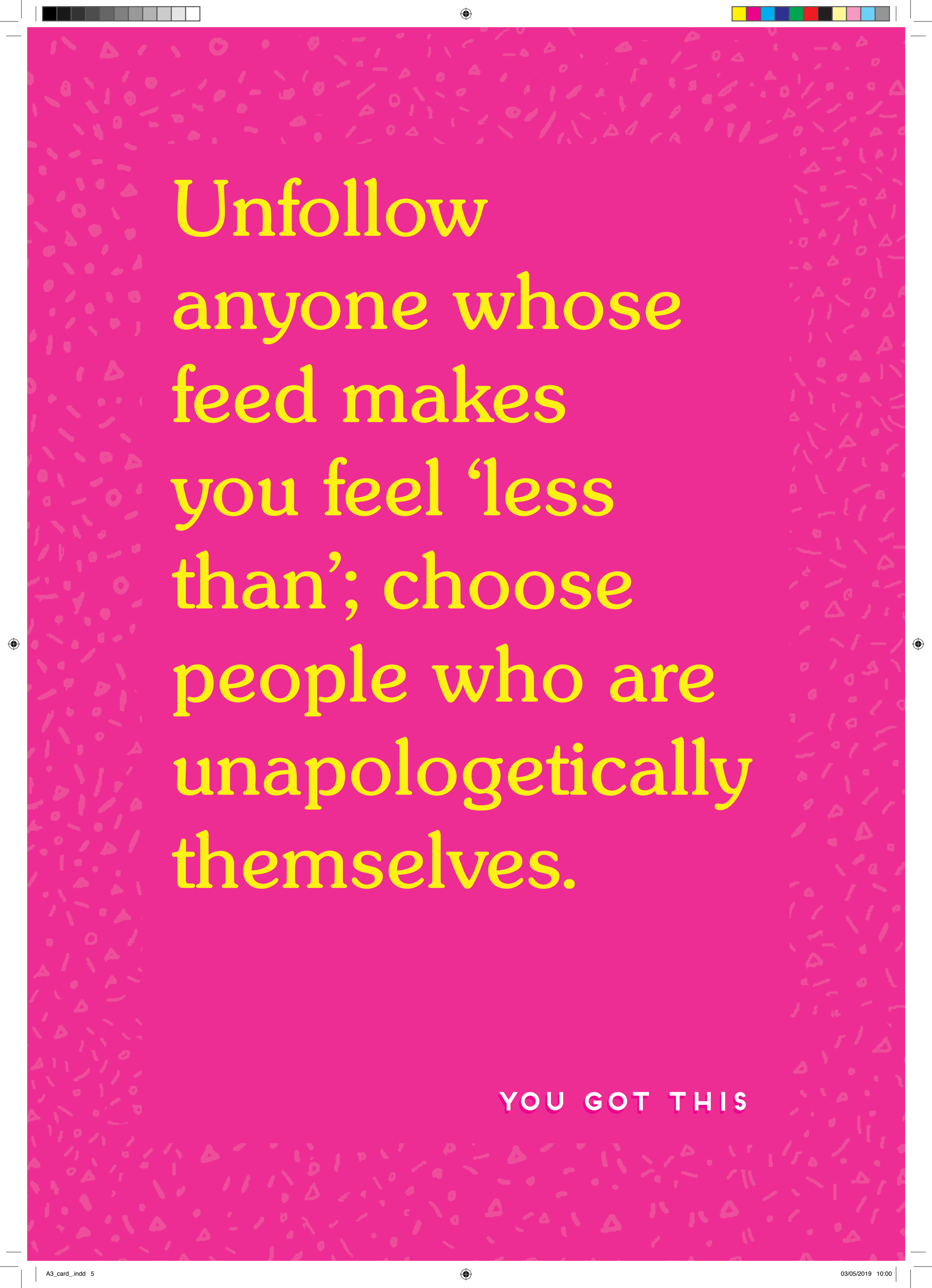


Don't feel that
you are taking
up space. Own
the zone you
are in. Truly
occupy it. Never
forget that you
absolutely
deserve to be
there.

YOU GOT THIS

You are not
obliged to find
something you
dislike about
your body. And
you should not
feel guilty if there
is something you
like.

YOU GOT THIS



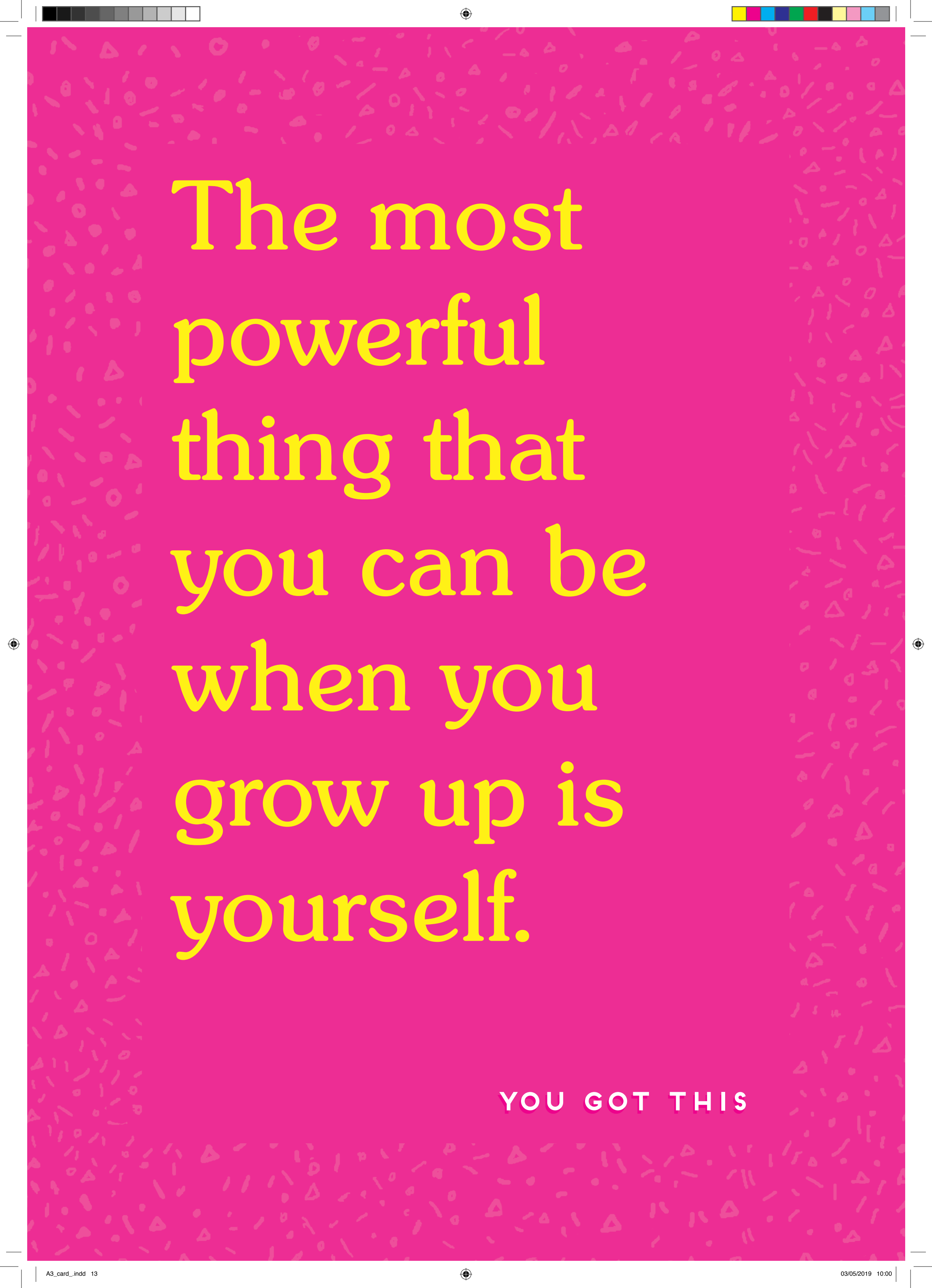
Unfollow
anyone whose
feed makes
you feel 'less
than'; choose
people who are
unapologetically
themselves.

YOU GOT THIS



Instead of
aspiring to be
like someone
else, try
being
inspired by
them.

YOU GOT THIS

The background is a vibrant pink color with a repeating pattern of small, light pink geometric shapes, including triangles, circles, and lines. The text is centered and written in a bold, yellow, sans-serif font.

The most
powerful
thing that
you can be
when you
grow up is
yourself.

YOU GOT THIS

Don't trash talk
yourself. If you
wouldn't talk to
someone else
the way you
are talking to
yourself, change
the internal
conversation.

YOU GOT THIS



Be kind.
Mostly, be
kind to
yourself.

YOU GOT THIS