



5 Easy Steps to say I aM mE



Do you fully love and accept yourself? No matter what?

Here's the exciting news. You can fully love and accept yourself starting right now. All you have to do is follow the IME Community five easy steps to full self-acceptance.

What does self-acceptance mean to you?

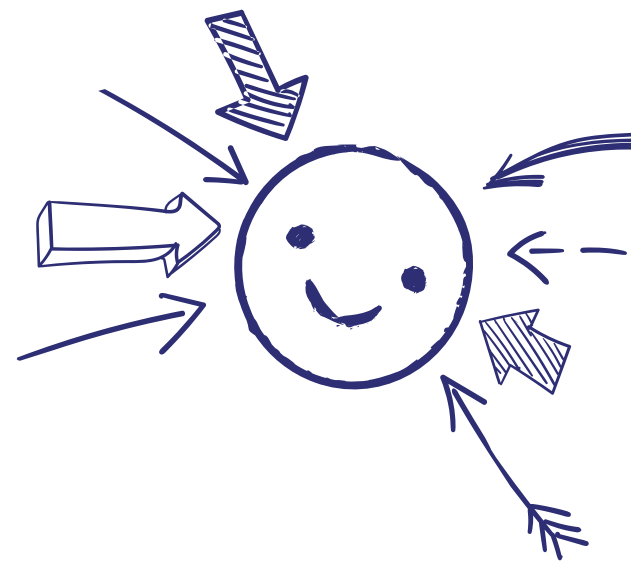
Did you know that self-acceptance has absolutely nothing to do with your weight?

So, let's get started!



Understand that self-acceptance is always available to you.

Self-acceptance is always there for you. It's not an action. It's like a nice warm blanket that you have with you all the time. You get to take it and wrap it around yourself wherever you go whenever you want. When you are feeling judged or are judging yourself, just think what it would feel like to wrap yourself in a warm self-acceptance blanket.



Choose to believe you don't have to wait until you have reached a goal to fully accept yourself.

If you believe that accepting yourself comes from getting an A in a class or reaching your weight goal or making a team or a play at school, then you are putting your self-acceptance outside of yourself. You will always be chasing the next goal or achievement to accept yourself. It's like moving the goal-post on yourself.

That doesn't mean you aren't an achiever, goal slayer, and dream chaser. When setting and reaching your goals, no matter what they are, come from a starting place of self-acceptance no matter what, there's nothing you can't achieve.

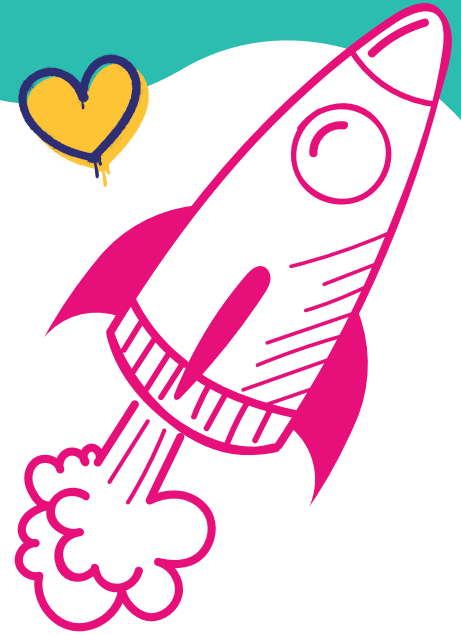


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Stop staying stuck believing something that isn't serving you.

We're all caught in that trap. Usually, when we don't have self-acceptance, there is some belief that our brain keeps serving up to us that keeps you from saying, I fully love and accept myself.

Your brain is a status quo, keep you in the comfort zone machine. Neuroscience research shows us that our brains are malleable. That means our brains can adapt and change and create new pathways. What we focus on we create more of. So, the more we're stuck in our fixed and limited beliefs about ourselves, the stronger and more powerful those beliefs and those pathways become.



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Start creating and accepting beliefs that serve you and your dreams.



Here's some to try:

- I Accept that I am not my weight.
- I Accept that I am a human being who is a unique individual.
- I Accept there is no one else like me.
- I Accept that I am worthy of a healthy life.
- I Accept that I am not stuck.
- I Accept that my future is mine to define.
- I Accept that I am worthy of all my dreams.



5

Create a daily self-acceptance habit.

Self-acceptance is a daily practice. It's like building a habit. It's not like climbing a mountain and reaching the top and you put a flag in and you're done. In fact, the only summit you reach is when you practice daily self-acceptance. It does get easier and becomes your default go to the more you practice it.

Try these mantras out every day and a few times throughout the day.

Write it down. Get it on a post-it note. Write it in a notebook or journal. It doesn't matter.

Maybe you feel like you are faking it until you make it. It doesn't matter. You are doing it!

Try these IME Community Self-Acceptance mantras:

I fully love and accept myself.

Still not buying it? Can't yet say fully?

Try this:

I love and accept myself.

Not ready for that one?

Try this:

I am learning to fully love and accept myself.

Make up your own self-acceptance mantra that feels believable to you!

Now, you're ready to go out into the world and remember that your warm self-acceptance blanket is always there for you!