

Your 7-Day Body Positivity Kickstart Checklist

Print this or save it to your phone. Do one step per day – no pressure to do it all at once.

One Day at a Time

DAY 1
MONDAY

Unfollow 5–10 AI-filtered or comparison-heavy accounts. Follow 3 real body-positive creators instead.

Tip 4 – your feed shapes how you see yourself.

DAY 2
TUESDAY

Stand in front of a mirror for 60 seconds. Say out loud: "My body has carried me through every hard day – it deserves respect."

Tip 1 – your voice speaking kindness to your own reflection is powerful.

DAY 3
WEDNESDAY

Write down 3 things your body did for you today – walked, created art, hugged someone. No judgment, just facts.

Tip 15 – gratitude shifts the lens from how it looks to what it does.

DAY 4
THURSDAY

Practice one neutral statement when a negative thought appears: "This is my body today. It is allowed to be exactly as it is."

Neutrality table – you do not have to love it to respect it.

DAY 5
FRIDAY

Do one small treat-your-body act: a warm bath, your favourite tea, a 10-minute stretch – whatever feels kind today.

Tip 9 – care is not earned. It is simply given.

DAY 6
SATURDAY

Share one real, unfiltered photo or thought about your body journey – even privately. Celebrate showing up.

Tip 13 – authenticity is its own quiet revolution.

DAY 7
SUNDAY

Look back at the week. Thank your body for showing up through it all – flares, good days, everything. Journal one sentence of gratitude.

Your body showed up every single day. So did you.

"You do not have to be perfect.

You just have to start."

– Dr. Shruti Bhattacharya, *Guilt Free Mind*

How to Use This

Print it or save to phone	Keep it somewhere visible – by your bed, on your fridge, or as a phone wallpaper screenshot.
Tick each day as you go	The checkbox is yours. Mark it however feels right – a tick, a star, a heart, anything.
Come back anytime	After 7 days, notice how you feel. Return to this checklist anytime the inner critic gets loud.
No pressure on timing	If Day 3 takes two days, that is fine. This is your pace, your journey, your body.

After 7 Days

Notice how you feel. You do not need a dramatic transformation to call this a success. Even one moment of gentleness toward your body – one pause before the inner critic could finish its sentence – is worth celebrating.

One thing I noticed
about my body this week:

One moment I was
kind to myself:

One thing I want
to carry forward:

Your body showed up through every hard day, every RA flare, every doubt.
It is still here. And so are you. That deserves nothing less than kindness.

guiltfreemind.com – more compassionate body-mind resources await you.