



5

STEPS TO A WONDERFUL LIFE

without dieting

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5 STEPS TO A WONDERFUL LIFE WITHOUT DIETING

Have you been on diet after diet, spending thousands of dollars on this program or that diet pill, not to mention all of the countless hours you have spent counting calories or weighing your food – only to feel frustrated because you haven't gotten the results you wanted. That's because none of those programs or diets honor your body or accept who you are as a person right now. Once you start to honor and accept your body, suddenly everything becomes easier, you become more confident and you often get the results that you are seeking. I have been there, I have been on diet after diet and it wasn't until I made peace with my body that I was freed from the diet roller coaster and learned to love and accept myself in the body I have today.

No matter what your body was like in the past or what it might be in the future, you can learn to love your body as it is right now. By focusing on your body as it is now, celebrating your unique beauty and implementing daily body gratitude practices, you will learn a whole new appreciation for your body and all that it can and has done for you.

Achieving body acceptance may be a challenge, but unlike the challenge of dieting, eventually you learn something fruitful and sustainable. Many of us start out with some learned notions that only one type of body is beautiful or acceptable. This is incorrect, and we know this from looking at other modern-day societies where larger bodies are seen as beautiful.

Appreciating the body you have today is the foundation of creating a healthy and happy relationship with yourself for the rest of your life.

Each of us have so many parts of ourselves that are interesting and beautiful and worthy of celebrating. You are singular and unique. Though there may be people on this planet similar to you, there is no one exactly like you – no one who brings the same essence to this world. And therefore, you are a gift. Your uniqueness determines the way you navigate through the world, and what impact you make on the people around you. You are a gift to the world, and as you begin to believe and embrace that fact you'll feel more and more confident and empowered in your life. Everyone has a beautiful body that is meant to help us carry out our passions and purpose in life.

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There
is no
wrong
way to
have a
body





You are worth more than your *appearance*

A huge part of creating a positive change in your life when it comes to your body is to implement practices that support body positivity. We need to bolster and enrich the positive feelings and perspective we've found in order to continue seeing and appreciating our body's unique gifts and beauty. Creating a gratitude practice in our lives can help to reinforce the new perspective and body-positivity we have found. These new feelings of body-appreciation are like seeds we've sown and will require gentle care and daily tending in order to grow and flourish into strong healthy flowers.

One thing you can do to begin to cultivate a sense of gratitude for your body is to **create a list of qualities you like about yourself**. This will restore your positive self-image and help you realize that your worth is not determined by the number on the scale or your dress size.

my list

You are strong, You are beautiful,

You are *enough* ””

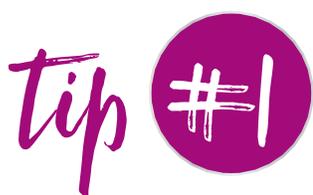




Be grateful for all that your body can do

Our bodies have lovingly carried us throughout time. We are the same amazing women regardless of size, regardless of shape. Your beautiful body brought you to this point, lovingly carried you over miles, over years, through all stages of life. Thank your body for all it has done and appreciate all that your body can do, by focusing on whatever abilities you have. This will be different for everyone. Do this instead of focusing on how you look. You can do this by making a commitment to compliment yourself on a regular basis - this is helpful in order to counteract the negative beliefs, especially early on in your journey to body positivity. Understand that every part of you, every seeming imperfection, is a distinguishing feature that tells your story. Your body, your looks and your shape are a badge of honor, it is a reminder that you have lived your life, a life uniquely your own. So the next time you catch your reflection in the mirror, take yourself in completely - cellulite, stretch marks, rolls and all - and say hello for the first time.

Everyone wants to love their body, but not everyone knows how to get there. It can seem complicated and challenging at first. However, it is possible to start simple by breaking it down to basic tips and strategies for becoming body positive. Incorporating this entire list into your life, or just the ones that work best for you, will help you on your journey to radical body love.

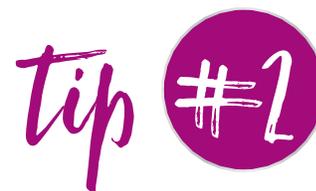


Only wear clothes that you love and that fit in a way that makes you feel comfortable.

Seek out stores that sell items you want to wear, in your size and style. Realize that the size on the tag doesn't matter. Try to avoid clothing that makes you feel negative about yourself or your body. Here's a shout-out to all of the clothing stores that are actually giving us enough options to be able to do so.

Refuse to engage with any media that promotes an unhealthy body image.

This could mean avoiding mainstream fashion magazines or never watching cable TV shows that celebrate extreme weight loss or makeovers. Recognize how the companies that advertise with these media sources profit off of our self-hatred, and replace them with options like FabUplus Magazine and streaming services for television shows and movies.



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Beauty has no *size*

Tip #3

Get rid of your scale and your measuring tapes.

For many people, they create a focus on numbers that are essentially meaningless, instead of a focus on happiness, health and living life to the fullest. Choose to be mindful and listen to your body.

Seek out body positive role models.

Instagram and Tumblr have very supportive communities, you can find them by searching the hashtags **#effyourbeautystandards**, **#honormycurves** and **#selfiesforselflove**. Social media is powerful because it allows us more control over the images that surround us.

Tip #4

Tip #5

Listen to yourself.

One of the single most important things you can do is to recognize your own thoughts and words about yourself. Your words and thoughts have power, what you think and say about yourself is what you'll ultimately believe. Becoming aware of these words is how you can take action in your own journey by calling yourself out on your own BS, and bringing awareness to what is going on within you. Which means you can finally stop giving those words power, and start rerouting those body-hate words to ones of positivity. Don't just say some words hoping that some magical hocus-pocus is going to happen, actually have them resonate with you in something you want to believe.

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Start loving yourself for everything you *are*

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You are powerful beyond belief. Speak to yourself, or to others about yourself, in a kind manner. One thing that can help is saying: would I say this to someone I truly love? Or how would I respond to someone I love who is going through this?

Those negative words that pop up in your head are not who you really are. They are the words of your inner mean girl, and it's time to take the steering wheel back from her. She has had enough time driving your journey down the road of self-loathing. Put her in the back seat, roll the windows down, blast the music, and take the turn that says "Self-love".

One of the keys to learning to love and accept yourself is to begin to practice body positivity on a daily basis. Start by taking the obstacles that have hindered you in the past and remove them one by one. Below are a list of some obstacles and some suggestions for how to begin to overcome them.

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We are
not all
supposed
to look
the same

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Accept your
body today,
love your body
tomorrow, and
appreciate
your body
always

Obstacle: Believing that your body needs to change before you can love yourself.

Happiness is not a size – that is just what we are taught to believe. We believe that when we reach a certain number on a scale then the clouds will open up and angels will start singing and we will miraculously be happy. Well, I hate to burst your bubble but that is just simply not true. Happiness is a state of being, not a size and your size is not a measure of your worth. Diets & Weight Loss will not change how you feel about yourself if you are not happy to begin with. Until you dig deep and figure out why you can not feel satisfied in the body you have right now - you will not be happy at any weight. If you are solid in your beliefs, have people in your life who care about you and a career and mission in life, then you are well on your way to creating a happy life that has nothing do to with size.

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Obstacle: A limited Social Media Feed.

We are only used to seeing one type of body – the one that the media shows us - but all bodies are diverse. There is a whole world of body positive groups and supporters on social media. By following these groups you will begin to be exposed to bodies that represent this diversity and it is usually something you have never seen or experienced before. The more bodies you see with a wide range of physical abilities, then you will begin to appreciate the beauty in EVERYONE.

Confidence will
make you happier
than any diet
ever will ”

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Confidence is
beautiful

Obstacle: Believing that your body is everything

Your body is going to keep changing for the rest of your life. If it's not weight gain, it will be aging. If not aging, it could be an illness. It could be any number of things that will cause inevitable change, which will require you to learn to love the change.

You have freedom to be who you are, and time to spend on things that bring you joy. It isn't about finding a new "you", because you have been there all along. It is just now you have to let go of all the baggage that has been keeping you locked up in a box labeled "not good enough". And you are good enough, right now. You are worthy of experiencing the life you imagined right now.

The second that you decide that you have infinite value, you have infinite value. You are the owner of your own thoughts and I challenge you to hold onto the belief that you - in your entirety - are enough.

*It's time to get off of the diet rollercoaster forever
and learn to make peace with your body .*



Get started on the journey to living your best life now.



I have struggled with my weight my whole life - I have been on diet after diet and I was totally ashamed of my body. I hit rock bottom and headed to my doctors where I would begin the process for weight loss surgery. It was after that intake appointment that I realized that there had to be something else; there had to be something more - and it was then that I began my body breakthrough and started on my journey to making peace with my body. It was through that body breakthrough that I learned to accept myself for who I am and I now feel amazing - and I want the same for you.

I am gifting 10 body breakthrough sessions where you will learn the exact strategies that we have used to help hundreds of others make peace with their bodies. If you are interested in jumping on a call with me to learn more - please email shannon@fabuplusmagazine.com and we can set up a time to chat.

Sincerely

A handwritten signature in a dark purple color, reading "Shannon". The signature is fluid and cursive, with a large initial "S".

Shannon Svingen-Jones
Founder/Publisher
FabUplus Magazine

