

# BODY AFFIRMATIONS

*with Liz Hansen*

The body that you have is unique to you! Your body is not just to look at. Your body allows you to experience wonderful things. Take some time to think about what your body does that you are grateful for. Body affirmations are a powerful way to reframe the way you think about your body. Write a list of body affirmations. Then repeat the affirmations to yourself while you look in the mirror.

## EXAMPLES TO GET YOU STARTED:

I love to laugh with my belly.

My legs take me interesting places.

My arms give great hugs.

My brain knows a lot about astronomy.

My hands enjoy creating art.

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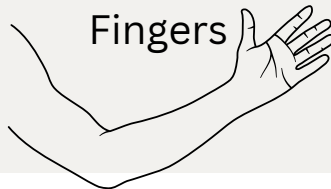
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Hair  
Head  
Eyes  
Ears  
Nose  
Lips  
Teeth

Mouth  
Neck  
Shoulders  
Back  
Arms  
Hands  
Fingers



Chest  
Belly  
Hips  
Bum  
Legs  
Feet  
Toes





# LIZ HANSEN

BOUDOIR PHOTOGRAPHER & BUSINESS COACH

Hi! I'm the photographer at the Chicago Boudoir Photography studio in Winnetka, IL. I love how beautiful portraits empower people to gain confidence and recognize their unique beauty. I have been a professional photographer since 2011 and I truly believe that boudoir is for everyone, regardless of age, size or shape. I also help photographers reach their business goals through my online coaching and education program, Million Dollar Studio.

## LET'S KEEP THE CONVERSATION GOING!

Our time together today was short! I'd love to continue this conversation with you. To make it easy, just scan the QR Code below and we can pick up right where we left off. Looking forward to hearing from you!



## NUDITY DOESN'T HAVE TO BE NAUGHTY

Scan the QR Code below to watch my TEDx Arlington Heights talk on how nudity doesn't have to be a taboo with shame and vanity surrounding it, instead it can be a catalyst to self confidence and acceptance!



**TED<sup>x</sup>**  
Arlington Heights

*Chicago Boudoir*  
PHOTOGRAPHY

**LIZ HANSEN**

chicago-boudoir.com | milliondollar.studio  
hello@chicago-boudoir.com  
312.425.2946

**M**  
MILLION DOLLAR STUDIO  
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