



REVOLUTIONARY BODY POSITIVITY

How would you like to feel in your body or about your body?
(Note that this question is not asking how you want to look or appear)

“What would the world look like if each of us navigated our lives with the total awareness that we owed no one an apology for our bodies?”

- Sonya Renee Taylor,
The Body is Not an Apology

What would you think about or spend time doing if you felt perfectly comfortable and satisfied with your body?



"The bodies you share space with are afraid you are judging them with the same venom they have watched you use to judge yourself. Remember that body shame is as contagious as radical self-love. Making peace with your body is your mighty act of revolution. It is your contribution to a changed planet where we might all live unapologetically in the bodies we have."

- Sonya Renee Taylor,
The Body is Not an Apology

How would you like others to feel in or about their bodies?
(You can think of those closest to you, and also think of others in general, people in the world)



"Radical Self Love moves us beyond the flimsy notions of self esteem or self confidence. It moves us beyond the notion of individualism. It is not independent, it is interdependent. It is about our relationship not only to our own bodies but to the bodies of others. As we learn to make peace with our bodies and with other people's bodies we create an opening to create a more just and equitable world. Every time you call truce with your body you interrupt a system of violence and power that profits off of your self hate. Every time you interrogate the beliefs and biases you have about other bodies you interrupt a system that profits off of the way that you feel about other bodies and the system of comparison that we live in. Our relationships with our bodies is our access to a more just and equitable world." - Sonya Renee Taylor, TedX Talk

How do you relate to the terms "Revolutionary Body Positivity" and/or "Radical Self Love"? Do these terms inspire you or make you uncomfortable? What other terms or words might feel authentic to you?

