

# BODITUDE

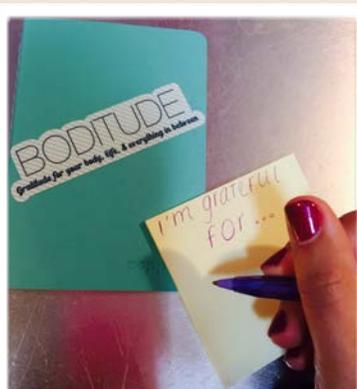
Merchandise



*Boditude  
Water bottle*



*Boditude  
Bracelets*



*Boditude  
Journal*

---

*Join Boditude!*

Sign up at:

**[www.boditude.net](http://www.boditude.net)**

# BODITUDE

*Gratitude for your body, life, & everything in between*

---

*“Accepting, loving, and appreciating  
who you are is the best gift you can  
give yourself.”*



---

BODITUDE  
Gratitude for your body, life, & everything in between!  
[boditude@yahoo.com](mailto:boditude@yahoo.com)

---

# BODITUDE

*Gratitude for your body, life, & everything in between*

---

*Boditude is an online  
group that focuses on  
appreciating your  
everyday life,  
accepting who you are  
and loving the body  
that you have.*

## BE IN LOVE WITH...

- ♥ Your Body
- ♥ Your Life
- ♥ And Everything in Between!

# BODITUDE



# What do people say about Boditude?



*"It's not happy people who are thankful, it's thankful people who are happy."*

## ALL ABOUT BODITUDE

Boditude is an online Facebook group that focuses on appreciating your everyday life, accepting who you are, and the body that you have. You will engage in daily exercises and techniques to become a happier, more appreciative & accepting person for everything you currently have in your life, including yourself!



### WHAT IS BODITUDE?

Boditude is an online Facebook group that you will belong to. The group lasts for 21 days, each day dedicated to a different aspect of life. Every day you will practice gratitude for something different. By the end of the group, being grateful, seeing the positives, and counting your blessings will become second nature to you.

*Accepting, loving, & appreciating  
who you are  
is the best gift  
you can give yourself.*

BODITUDE

### HOW IT WORKS:

You will be added to the Boditude group on Facebook. Each day will be focused on something different to be grateful for. There will be an inspirational reading section about the day's topic and then 3-5 questions/exercises/techniques for you to participate in to practice gratitude.

### *Boditude Daily Topics:*

<i>Family</i>	<i>Self-Love</i>
<i>Friends</i>	<i>Accepting your body</i>
<i>Home</i>	<i>Confidence</i>
<i>Nature</i>	<i>Self-Esteem</i>
<i>Earth</i>	<i>Your personality</i>
<i>Food</i>	<i>Perspective</i>
<i>Health</i>	<i>Thoughts</i>

### THE BODITUDE BOX:

Each time you participate in Boditude by responding to the questions, commenting on another person's post, posting a picture, or supporting the other members, you get a point. At the end of the group, the participant with the most points wins The Boditude Box. Inside this box contains surprise gifts including workout apparel, workout gear, healthy snacks, Boditude merchandise, and more!



*The Boditude Box*



*A congratulatory picture made for a Boditude winner*