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# Gratitude Out Loud

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## EPISODE 67

### **How to practice body gratitude:**

We spend so much time nitpicking our bodies and being frustrated with our brains for taking so long to change.

It may feel nearly impossible for you to find and feel gratitude right now. But start where I always recommend you start—start where you are and start tiny.

You don't have to be all in on loving your body unconditionally and loving everything about it to see some tiny perfect magic and generate some gratitude. So start even in general terms.

- Can you just be grateful to be alive?
- What do you love most about being in your body?
- What are your favorite things about yourself?

Even if it's the tiniest and most general thing you can find to appreciate about your body, look for it, seek it out, choose to acknowledge it, and speak it out loud.