

The Body Is Not an Apology: The Power of Radical Self-Love

by Sonya Renee Taylor

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ 01

Name the borrowed rule

Write one body rule you inherited and who benefits when you obey it.

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MON TUE WED THU FRI SAT SUN

☐ 02

Choose a body truce

Pick one body part you usually criticize and write a neutral function-based thank-you.

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MON TUE WED THU FRI SAT SUN

☐ 03

Audit the shame feed

Remove or mute three inputs that train comparison, body hierarchy, or self-surveillance.

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MON TUE WED THU FRI SAT SUN

☐ 04

Create a belonging outfit

Choose clothes for comfort and presence, not punishment, hiding, or apology.

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MON TUE WED THU FRI SAT SUN

☐ 05

Interrupt one body insult

When a body insult appears, answer it with: this is a learned script, not a fact.

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MON TUE WED THU FRI SAT SUN

☐ 06

Practice public neutrality

Do not comment on your body or anyone else's body as small talk today.

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MON TUE WED THU FRI SAT SUN

☐ 07

Return to sensation

Spend one minute naming what your body feels, not how it looks.

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