

WHAT PEOPLE THINK BODY ACCEPTANCE IS...

Never takes a
bad photo or
judges the way
they look

Loves every inch
of their body and
what it goes
through

Glow with
confidence

Never has an
insecure
moment

Comfortable in
any swimsuit or
outfit

THE
Big Sister
EXPERIENCE

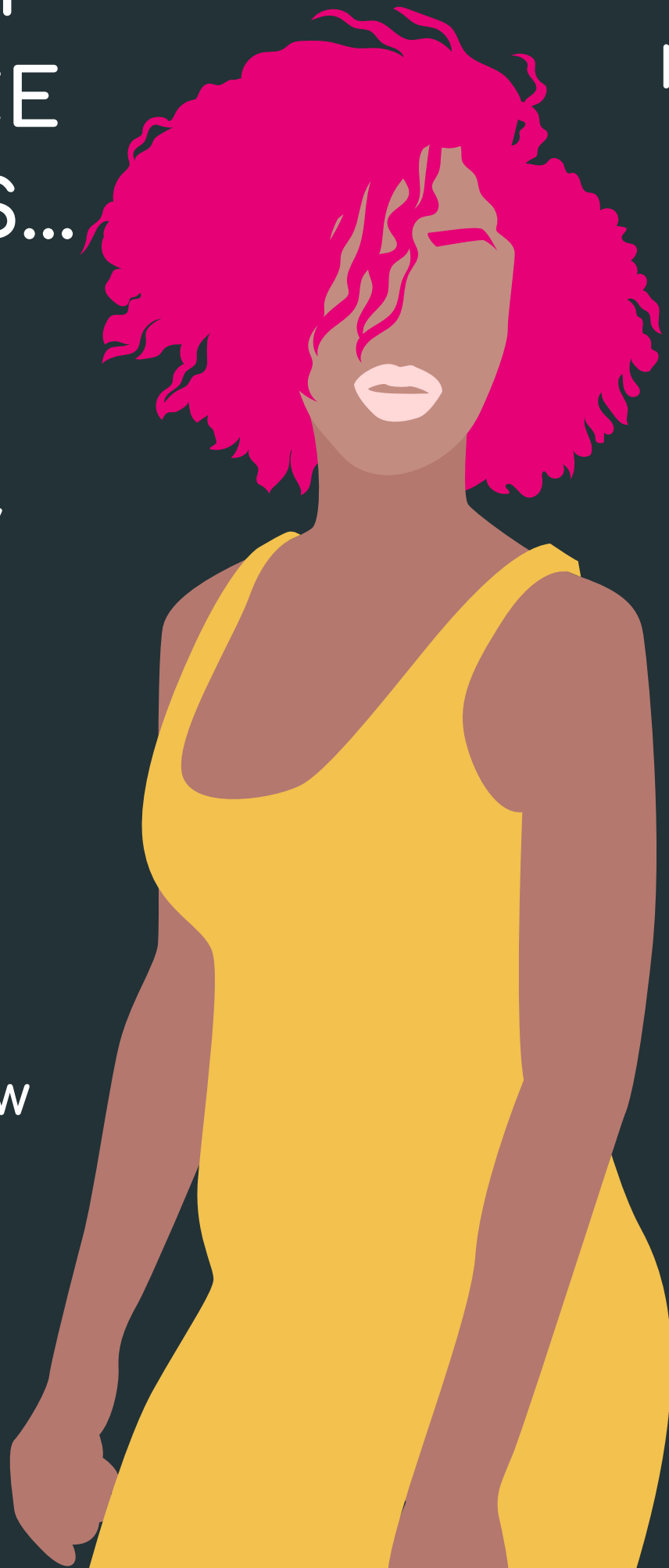


WHAT BODY ACCEPTANCE ACTUALLY IS...

Uncomfortable
with some body
shifts but still
knows they are
worthy

Continues to show
up for life even
when it's hard

THE
Big Sister
EXPERIENCE



Knows they are
more than a
body

Understands
their body
changes and
accepts that

Reflects on
internal
dialogue

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