

Today we celebrate what incredible bad asses we are!

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### Today's Tiramisu:

**Do you have ANY idea how intrepid you are for wanting to change how you interact with culture and your body?! Super fucken intrepid.**

Congratulations! You're one of those ahead-of-the-curve, world changer types. There is something about you and your life experience that make you critical of the messages you have been taught about your body and you are ready to set

that we aren't perfect already and (2) fatphobia - the cultural bigotry against fat people (e.g., weight-based discrimination is legal in 49 out of 50 states right now).

**The good news:** You're what the preternaturally sexy Malcolm Gladwell calls an "early adopter:"

According to BusinessDictionary.com:

"(Early adopters are)... the minority group (comprising about 14 percent) of a population which, after innovators, is first to try new ideas, processes, goods and services. Early adopters generally rely on their own intuition and vision, choose carefully, and have above-average education level. For any new product to be successful, it must attract innovators and early adopters, so that its acceptance or 'diffusion' moves on to early majority, late majority, and then on to laggards."

A "laggard" you are not!

**The bad news:** As the above definition details, you're in the minority. As with anyone who's standing up against boring old norms, there aren't many of us. When you're not thinking like the majority you both get the benefits of being rad and knowing other rad people *aaand* you also get the annoying parts about waiting for everyone else to just catch up. Sigh!

**But at the end of the day, you're here because you're ready to do something that most people are terrified of: changing. Changing our relationship to our body takes some massive gonads.**

REAL stuff, but today is all about **celebrating** the fact that you're on this journey - and that you're on the right side of history.

### And now here's your homework: **Body Image Audit**

Your assignment for **today** and **tomorrow** will be to take note of three things:

- (1) moments when you have a negative or a positive thought about your body,**
- (2) the person, piece of media, or event that caused that feeling/thought and**
- (3) a concrete action you can take to add more of it (if it inspires good feelings) or a concrete action you can take to minimize exposure to it (if it inspires bad feelings)**

Jot them down in your journal, on post-it notes, or into your phone. Whatever works. After you've done this for two days, notice the patterns. This is your **body image roadmap**. Begin to focus on adding more of the good stuff and minimizing - or altogether eradicating - exposure to the bad stuff.

An entry might look something like this:

Nov 4 - 10am

- Read magazine during coffee that made me feel like I was a bad person for not being a millionaire with a six pack
- End subscription to the magazine this week

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