

10 Things About Your Body to Be Grateful For!

1. It's one of a kind; no one has the same body as you.
2. It's ability to move.
3. It's capability to run itself automatically.
4. It hasn't kicked you out yet no matter what you've done to it.
5. It's expressive. It tells you what it feels even when you don't listen.
6. It lets others know how you feel.
7. Gratitude generates confidence. Self-confidence is alluring to others.
8. It's capacity to feel the fascinating world around you and transmit that to you.
9. Because somebody out there admires and adores it.
10. Because you can't exist in this reality without it.

What can you change in your life just by being grateful for your body?

