

I Forgive Myself

I forgive myself for all the things I've tried that didn't work
I forgive myself for all the times I ate when I swore I wouldn't
I forgive myself for all the clothes I bought that no longer fit me
I forgive myself for the pain my struggles have caused my loved ones
I forgive myself for not being the role model I've wanted to be for my kids and grandkids
I forgive myself for all the money I feel like I wasted
I forgive myself for all the abuse I put my body through
I forgive myself for starving myself, when I needed to eat
I forgive myself for all the times I critiqued and criticized my body
I forgive myself for thinking I was less than others just because of how I looked
I forgive myself for never telling myself I'm sorry, until today.

It wasn't a waste – if it got me here, right now
It wasn't a waste – if I learned something
It wasn't a waste – if I now know what doesn't work
It wasn't a waste – if it helped me find what finally does work
It wasn't a waste – if it helps me to finally stop dieting, for good
It wasn't a waste – if I am now so fed up that I will do whatever it takes to truly heal my relationship with food
It wasn't a waste – if I begin to prioritize myself and my health, above everything, so I can finally shine my light in the world
It wasn't a waste – if my commitment to self-compassion, self-love and self-care become non-negotiable, starting today.

