

A Love Letter to your Postpartum Body

Dear Body,

I will miss _____ but I will always treasure the memory.
(favorite part of being pregnant)
You grew a human who was strengthened by your warmth and nourishment alone.
The most incredible part was _____
(a part of the process that is amazing to you)
You're amazing!

Thank you for always changing — the many ways you cycle, adapt, and heal are something to celebrate. And the power you have to give life is a beautiful thing. My experience in this body has made me realize just how _____
(a trait you are proud of)
I am.

It wasn't always easy. We had to find our way through _____
(the hardest part of pregnancy or birth). But we faced that and now we are here. That's called resilience, and I'm proud we did it. I also want to thank you for _____
(a time you were surprised by your body's strength or ability to heal).

I felt so _____ but you helped me get through it.
(your emotions when facing this challenge)
You are so incredibly _____ and you helped me prove to myself that I can do anything I set my mind to.
(trait you admire about yourself)

You are capable of so many gifts, and I'm grateful for all that you have shown me. I love you for all the strength and courage you have taught me. We got this!

Sincerely,

(name)

