

Revolution for Change

A BELIEF. A NEED. A MOVEMENT.

ophelia's PLACE challenges you to join our Revolution for Change by signing this Pledge and Posting it where you and others can see it and be inspired.

you have the Power to choose.

Revolutionize YOUR WORLD

- *I choose to Listen to my body.
- *I choose to redefine beauty, success and health.
- *I choose to believe I am more than a number on the scale.
- *I choose to accept a compliment.
- *I choose to challenge the distorted beliefs I have about my body and my worth.
- *I choose to take up space in this world.
- *I choose to stop the diet talk.
- *I choose to throw out my scale and clothes that don't fit comfortably.
- *I choose to start meaningful conversations and getting to know my neighbors from the inside out.
- *I choose to change the subject or walk away when the conversation turns to berating our bodies.
- *I choose to provide a variety of foods, none being labeled "good" or "bad".
- *I choose to not comment on my body, my child's body or the bodies of others.
- *I choose to listen harder to what my children are saying and not saying.
- *I choose to celebrate others for the joy they bring to my life rather than how they look.
- *I choose to give of my time and be a role model.
- *I choose to challenge narrow thinking.
- *I choose to spread the word that beautiful, healthy people come in all shapes and sizes.
- *I choose to start living my life now!

Name

Date