



# Reclaim Your Confidence Resources

All items are linked.



## Instagram Accounts to Follow

[@alexlight\\_ldn](#)  
[@selfloveliv](#)  
[@bodypositivepear](#)  
[@loveish\\_](#)  
[@simmastyle](#)  
[@bodysposipanda](#)

[@jess\\_megan\\_](#)  
[@gracefvictory](#)  
[@allisonkimmey](#)  
[@sophjbutler](#)  
[@sabrinsacheema](#)



## Videos to Watch

- [Instagram Live: Reclaim Your Confidence](#)
- [How to Deal With Weight Gain](#)
- [Diet Culture Phrases To Stop Saying](#)
- [How to Be More Body Confident](#)
- [Nine Body Positivity Tips](#)
- [How to Be Happy With Your Appearance](#)



## Motivating Songs

- [Fighter - Christina Aguilera](#)
- [Run the World - Beyonce](#)
- [Survivor - Destiny's Child](#)
- [All About that Bass - Megan Trainor](#)
- [Titanium - David Guetta & Sia](#)
- [Man! I Feel Like A Woman - Shania Twain](#)
- [Bootylicious - Destiny's Child](#)
- [Bring It All Back - S Club 7](#)



## Articles to Read

- [Building Your Self-Esteem After Lockdown](#)
- [6 Ways To Rebuild Your Confidence Post-Lockdown](#)
- [How To Rebuild Confidence Post-Lockdown](#)
- [5 Great Blog Posts About Confidence](#)



## Empowering Quotes

"The light you see shining bright in others exists in you too." - *Unknown*

"No one can make you feel inferior without your consent." - *Eleanor Roosevelt*

"You have been criticising yourself for years and it hasn't worked. Try approving of yourself and see what happens" - *Louise Hay*

"Don't let your mind bully your body" - *June Tomaso Wood*

"And I said to my body, softly, 'I want to be your friend.' It took a long breath, and replied, 'I have been waiting my whole life for this.'" - *Unknown*

Join the [Reclaim Your Confidence Live Virtual Workshop](#) or get the recording straight to your inbox.

Learn more at [sabrinsacheema.co.uk](https://sabrinsacheema.co.uk)