

**My health  
is  
improving  
each day.**

**My body is  
capable of  
healing.**

**I deserve to  
feel great  
each day.**

**I'm learning what  
my body needs and  
how best to take  
care of  
myself.**

**My food choices  
are healthy and  
balanced.**

**I love eating fresh,  
nutritious food.**

**I sleep soundly  
every night and  
it feels  
amazing.**

**My body is  
well rested.**

**My body is  
strong and  
fit.**

**Nurturing my  
body with good  
food, sleep, and  
self-care feels  
amazing.**

**I love to be active.**

**I'm so grateful for  
my body.**

**I am energized  
and full of  
inspiration for  
feeling great.**

**I'm feeling  
better and  
better each  
day.**

**My focus is  
on the  
positive.**

**I give kindness  
and compassion to  
myself.**

**I am resilient.**

**My mind feels  
calm and peaceful.**

**I make good  
decisions about  
my wellbeing.**

**My immune  
system is  
strong.**

**I am open  
to new ways  
I can  
improve my  
health.**

**I am supported  
and loved.**

**Total health and  
healing is my  
reality.**

**My lifestyle is  
healthy, relaxed,  
and happy.**

**I respect myself,  
advocate for  
myself, and have  
healthy  
boundaries.**