

# 25 Positive Health Affirmations

## *For Total Well-Being*

1. My health is improving each day.
2. My body is capable of healing.
3. I deserve to feel great each day.
4. I'm learning what my body needs and how best to take care of myself.
5. My food choices are healthy and balanced.
6. I love eating fresh, nutritious food.
7. I sleep soundly every night and it feels amazing.
8. My body is well rested.
9. My body is strong and fit.
10. I love nurturing my body with good food, sleep, & self-care.
11. I love to be active.
12. I'm so grateful for my body.
13. I am energized and full of inspiration for feeling great.
14. I'm feeling better and better each day.
15. My focus is on the positive.
16. I give kindness and compassion to myself.
17. I am resilient.
18. My mind feels calm and peaceful.
19. I make good decisions about my health.
20. My immune system is strong.
21. I am open to new ways I can improve my health.
22. I am supported and loved.
23. Total health and healing is my reality.
24. My lifestyle is healthy, relaxed, and happy.
25. I respect myself, advocate for myself, and have healthy boundaries.