

**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.**