

Affirmations For A Healthy You



I'M NOW ACCEPTING RESPONSIBILITY FOR MY HEALTH AND HAPPINESS

I TAKE TIME TO RELAX AND BREATHE SEVERAL TIMES A DAY

I LOVE AND ACCEPT ALL PARTS OF ME

I NO LONGER NEED TO GIVE UP MY PERSONAL POWER TO OTHERS

I LIKE MYSELF AND I LOVE MYSELF

I NO LONGER NEED TO BE AN OVER-ACHIEVER

I DESERVE LOVE

THERE ARE NO FAILURES - JUST LEARNINGS AND AWARENESSES

I'M BECOMING HEALTHY, HEALED AND WHOLE

I NO LONGER NEED TO BE EVERYONE'S CARETAKER

I REALIZE ALL PEOPLE ARE TEACHERS FOR ME AND I WILL STRETCH AND GROW IN POSITIVE WAYS
BECAUSE OF THEM

I GIVE MYSELF PERMISSION TO APPRECIATE MY BODY

MY BODY IS A MIRACLE OF LIFE - I KEEP MY BODY HEALTHY

THE UNIVERSE ALWAYS HELPS ME TO RECEIVE MY HIGHEST GOOD

I ALWAYS LISTEN TO MY INNER WISE MIND

I'M WILLING TO LET GO OF OLD PATTERNS NOW THAT ARE NO LONGER HELPFUL TO ME

I'M WILLING TO CHANGE AND LET GO OF OLD OUT-DATED HABITS

I AM DOING THE BEST I CAN EACH DAY

I KNOW MY INNER HEALER IS ALWAYS WITH ME, AND I CONNECT WITH IT REGULARLY

I AM WORTH LOVING - SO I FEED MY BODY NUTRITIOUS FOODS