

affirmations

I am in charge of my mind.

I am strong in mind, body and spirit.

I feel good about being me.

I choose to be happy right now.

I am grateful for all that I have.

I live in joy.

I am positive and optimistic.

I believe things will always work out for the best.

I am excited about this day.

I feel energized today!

I am healthy and strong.

I balance my life between work, rest, and play.

I am grateful for my healthy body.

I enjoy being in my body and I feed it well every day.

I get plenty of sleep every night!

I choose meals that support my best health.

My family loves to eat healthy food together.

I love and respect my body!

I know I can accomplish anything I set my mind to.

I make the best of every situation.

I make a positive difference in the world.

I commit to learning new things.

I am more than good enough and I get better everyday.

I make peace my top priority.

I breathe in calm and exhale stress.

I prioritize my self-care everyday.

