

DAILY AFFIRMATIONS FOR HEALTH AND WELLNESS



FUTURE OF YOUR HEALTH
— HAVE MORE ENERGY. FEEL YOUNGER —

...Taking Back Your Health

1. I choose to be healthy, strong, and energetic.
2. I am the master of my own body.
3. With every passing moment I am healthier and happier.
4. My choices create my health.
5. I create my health.
6. I choose health, wellness, vitality, and vibrant energy.
7. Youth is a state of mind, not a number. I choose to act young even if I feel old.
8. I take responsibility for my health.
9. I am willing to make hard decisions so that my life will be healthier and easier.
10. I use my natural healing abilities to optimize my health.

11. I believe health is important. Health makes life more enjoyable.
12. It is fun and easy to be healthy.
13. I am destined to have an abundance of health in my life.
14. I choose healthy foods because I want to, not because I have to.
15. I love being healthy.
16. I have excellent health.
17. I take actions to improve my health every day.
18. I create my health. I create the exact level of health that I desire.
19. I am grateful for all of the health that I have now.

20. My body has ability to heal, regenerate, and rejuvenate.
21. I accept my current level of health and I am excited about creating better health every day.
22. I make deliberate and conscious choices to improve my health.
23. I attract abundant and vibrant health into my live every day.
24. I am taking consistent action to improve my health every day.
25. I love myself and make healthy choices for my body.