

MY HEALTH AND WELLBEING ARE IMPORTANT TO ME

My health and wellbeing are important to me.

I choose to take good care of my health. I believe in cultivating a healthy body. Having a healthy mind is important to me too. I am aware of how healthy emotions can benefit my life

I believe in total, holistic wellness.

I treat my body with respect. I make wise food choices. I get restful sleep. I find exercise that fits my lifestyle. I enjoy being flexible and strong. I can feel the endorphins activate in my body.

I use kind thoughts when thinking of my body.

I am willing to analyze my beliefs about my body and ensure they are upbeat.

I regulate my mind.

I am vigilant at noticing the tone of my thoughts. I stay conscious of my thinking process. I am mindful of how my thoughts affect my body, so I think happy thoughts. I dig deeper to shift any beliefs that fail to serve my highest good. I recognize stressful or negative beliefs, and I reframe them into healthy, current beliefs that do serve me. I acknowledge my feelings.

I do whatever it takes to nurture my feelings.

Today, I take care of my body and mind. I eat nutritiously, exercise, and sleep soundly. I find activities and music that uplift me. I indulge in my favorite hobbies. I have a play-list of positive, upbeat songs. My health and wellbeing are priorities in my life.

