

FITNESS

Affirmations

1. My body is strong
2. I love when my heart works hard
3. I can do anything
4. I feel healthier every day
5. I'm filled with strength
6. My muscles explode with energy
7. I am ready to enjoy perfect health
8. I am stronger than any excuse
9. My body is getting lean, light, fit and tight
10. I believe I can do anything
11. I love being physically fit
12. I love how I feel when I work hard and sweat
13. I CAN and I WILL
14. I don't stop when I'm tired, I stop when I'm done
15. I'm grateful I have the chance to improve
16. I enjoy working out and I love the energy it gives me
17. I'm amazing
18. I'm going to make ME so proud
19. I choose health, happiness and love for myself and others
20. I am worth the time, pain and exertion it takes to have a fit body