

GOOD HEALTH

Affirmations

1. My body is amazing
2. I'm strong
3. My body is the most precious gift
4. I feel healthier every day
5. I'm filled with energy
6. I'm overflowing with happiness
7. I am ready to enjoy perfect health
8. All of my cells know what to do
9. Today, I will not stress over what I can't control
10. Everything I eat and drink HEALS me
11. I am a magnet for health
12. I am well, strong, and thriving
13. I love myself fully
14. Balance is coming to my body
15. I'm grateful I have the chance to heal
16. I trust my body
17. I'm amazing and incredibly blessed
18. I love to drink water
19. I choose health, happiness and love for myself and others
20. I am worth more than anything on this earth