

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.