

HEALTH Affirmations



MY AMAZING BODY GROWS
STRONGER EVERYDAY



I NOURISH MY BODY WITH
HEALTHY CHOICES



EVERY CELL IN MY BODY IS
THRIVING



MY BODY HEALS QUICKLY AND
EASILY



MY IMMUNE SYSTEM IS STRONG



I HAVE INCREDIBLE PHYSICAL
AND MENTAL RESILIENCE



I AM FULL OF ENERGY



I AM CHOOSING TO FEEL
AMAZING



MY BODY REMOVES TOXINS EASILY