



**I Choose to Be Healthy,
Fit, Trim and Strong.
I AM Healthy, Fit, Trim and Strong!**

**I Feel Great! I Have Lots of Energy
and I Look Fabulous.**

**Every Day, In Every Way,
I AM Getting Better and Better!**

**I AM at Peace. I AM Happy!
I AM True to Myself.**

**I Now Weigh the Perfect
Weight for Me!**

**I Always Sleep Easily,
Deeply and Well.**

**I Love, Trust and Accept Myself.
I Have a Great Attitude.
I AM Positive. I Expect the Best!**

**I Get the Rest I Need to
Thrive and Prosper.**

Health Affirmations

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