

AFFIRMATIONS FOR BODY & HEALTH

I AM GRATEFUL FOR THIS BODY AND ALL THAT IT IS CAPABLE OF.

NO MATTER WHAT, MY BODY IS ALWAYS WORTHY OF LOVE
AND RESPECT.

MY BODY IS MY HOME, AND I PROMISE TO ALWAYS BUILD IT UP
AND NEVER TEAR IT DOWN.

MY BODY IS A GIFT.

I HONOR MY BODY BY TRUSTING THE SIGNALS THAT IT SENDS ME.

I LOVE THE STRONG, POWERFUL, DIVINE HUMAN STARING BACK
AT ME IN THE MIRROR.

I AM RADIANT WHEN I SMILE.

I AM STRONG IN MIND, BODY, AND SPIRIT.

I FEEL SAFE IN MY BODY.

I MAKE HEALTHY CHOICES FOR MY BODY THAT ARE ROOTED
IN LOVE.

I AM ALLOWED TO TAKE UP SPACE.

I AM OPEN TO LOVING MY BODY AND SEEING ALL OF ITS BEAUTY.

I AM RADIANT. I AM STUNNING. I AM BEAUTIFUL.