



Affirmations for Health & Wellness

*Take a deep breath in through your nose... and out through your mouth.
Place a hand on your heart, and a hand on your belly.*

- 1. I choose foods that nourish my body, mind, and spirit.*
- 2. Each meal is an opportunity to strengthen my health and resilience.*
- 3. I release old patterns and welcome habits that support my highest energy.*
- 4. My body knows how to heal and thrive when I fuel it with love and care.*
- 5. I am resilient – setbacks do not define me, they refine me.*
- 6. Every healthy choice I make builds lasting strength within me.*
- 7. I eat to energize, not to escape – food is my ally, not my enemy.*
- 8. My resilience grows each time I return to balance and alignment.*
- 9. I listen to my body's wisdom and honor its true needs.*
- 10. With each bite, I create the vibrant, resilient life I deserve.*

*Take another deep breath in... hold for a moment... and release.
Smile gently and whisper: Today, I choose resilience.*