

Health & Fitness

Positive Affirmations

- MY BODY IS STRONG
- I LOVE WHEN MY HEART WORKS HARD
- I FEEL HEALTHIER EVERY DAY
- MY MUSCLES EXPLODE WITH ENERGY
- MY BODY IS GETTING LEAN, LIGHT, FIT AND TIGHT
- I AM READY TO ENJOY PERFECT HEALTH
- I AM STRONGER THAN ANY EXCUSE
- I BELIEVE I CAN DO ANYTHING
- I LOVE BEING PHYSICALLY FIT
- I AM FILLED WITH STRENGTH
- I LOVE HOW I FEEL WHEN I WORK HARD AND SWEAT
- I CAN AND I WILL
- I DON'T STOP WHEN I AM TIRED. I STOP WHEN I AM DONE
- I AM GRATEFUL I HAVE THE CHANCE TO IMPROVE
- I ENJOY WORKING OUT AND I LOVE THE ENERGY IT GIVES ME

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Positive Affirmations

- I CHOOSE HEALTH, HAPPINESS AND LOVE FOR MYSELF AND OTHERS
- I AM WORTH THE TIME, PAIN AND EXERTION IT TAKES TO HAVE A FIT BODY
- MY BODY IS THE MOST PRECIOUS GIFT
- ALL OF MY CELLS KNOW WHAT TO DO
- MY BEAUTY IS NOT DETERMINED BY OTHERS
- BALANCE IS COMING TO MY BODY
- EVERYTHING I EAT AND DRINK HEALS ME
- I AM WELL, STRONG AND THRIVING
- I AM A MAGNET FOR HEALTH
- I AM GRATEFUL I HAVE THE CHANCE TO HEAL
- I TRUST MY BODY
- I LOVE TO DRINK WATER
- I AM WORTH MORE THAN ANYTHING ON THIS EARTH
- MY BODY IS HEALTHIER EVERY DAY
- I DESERVE MY DREAM BODY

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Positive Affirmations

- I AM GETTING STRONGER EVERY DAY
- MY BODY IS A GIFT
- I HAVE AN ABUNDANCE OF ENERGY
- I AM IN AWE OF WHAT MY BODY IS CAPABLE OF
- I AM READY TO ENJOY PERFECT HEALTH
- I AM GRATEFUL FOR THE BODY I HAVE
- MY BODY IS PEACEFUL
- BEAUTY COMES IN ALL SHAPES AND SIZES
- EXERCISE REFRESHES MY MIND
- MY BODY WAS MADE FOR THIS
- I AM CREATING A BODY I ENJOY LIVING IN
- MY BODY IS A GIFT THAT I CHERISH
- I'M TWICE AS POWERFUL AS I THINK I AM
- I ENJOY VITAL ENERGY IN EVERY CELL IN MY BODY
- EVERY CURVE OF MY BODY IS AN INDIVIDUAL EXPRESSION