



LOVE YOUR BODY AFFIRMATIONS

1. I LOVE MYSELF, I LOVE MY BODY
2. I GIVE MYSELF RECOGNITION BEYOND FOOD
3. I AM HEALTHY AND LEAN
4. I LOOK NICE; I AM ATTRACTIVE
5. I AM ACTIVE AND I LOVE IT
6. I AM MORE THAN ENOUGH
7. I MATTER
8. I FEEL GREAT IN MY CLOTHES
9. I ENJOY EXERCISING SEVERAL TIMES A WEEK
10. I CAN SAY "NO."
11. I AM PROUD OF MY BODY
12. FOOD IS A RESOURCE I MANAGE WISELY
13. MY METABOLISM WORKS GREAT
14. MY BODY KNOWS WHAT TO DO WITH WHAT I GIVE IT
15. I AM PATIENT WITH MY BODY AS IT LEARNS NEW HABITS
16. OTHERS NOTICE HOW GREAT I LOOK AND FEEL
17. MY ORGANS ARE RELIEVED OF OVERWORK
18. I HAVE A HEALTHY MINDSET
19. MY BODY RESPONDS TO MY THOUGHTS
20. I AM PHYSICALLY, EMOTIONALLY, MENTALLY, AND
21. SPIRITUALLY BALANCED AND HEALTHY