

SELF



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I AM BEAUTIFUL

I LOVE MY BODY

I TRUST THE PROCESS IT'S GOING THROUGH

**I WILL PROVIDE MY BODY WITH EVERYTHING IT NEEDS TO
HEAL**

**NOURISHING FOOD, PROPER REST, PHYSICAL ACTIVITY,
POSITIVE MENTALITY AND LOVE**

**I WILL SHOWER MY BEING WITH LOVE AND POSITIVE
THOUGHTS**

I WILL NOURISH A STRONG, HEALTHY BODY

I WILL STRIVE TO SEE MYSELF HOW GOD SEES ME

I WILL NOT COMPARE MYSELF TO OTHERS

**I WILL WORK FOR MY BEST BODY, NOT ASPIRE TO HAVE
SOMEONE ELSE'S BODY**

**I WILL CHALLENGE MYSELF PHYSICALLY WHILE LISTENING
TO WHAT MY BODY NEEDS**

I WILL THANK MY BODY FOR EVERYTHING IT DOES

I WILL LOVE MY BODY UNCONDITIONALLY