

m!nds align

Health Goal Statements

1. I am in the present moment.
2. I am ready to love and respect my body temple.
3. My body is restored to its natural state of wellbeing.
4. Today, I am brimming with energy and overflowing with joy.
5. I easily choose healthy foods that nourish my body.
6. Good health comes from love.
7. I am open and receptive to all the healing energies of the universe.
8. I know that every cell in my body is intelligent and knows how to heal itself.
9. I learn about nutrition and feed my body nourishing, wholesome food.
10. I love my body, I send love to each organ, bone, muscle, and part of my body.
11. I radiate health and vitality.
12. My sleep is relaxed and refreshing.
13. Every cell in my body vibrates with energy and perfect health.
14. Loving myself heals my life.
15. I nourish my mind, body and soul with my positive encouraging thoughts.
16. I am always able to maintain my ideal weight.
17. I establish healthy eating habits and I stick to them.
18. I eat nutritious foods that fill me with energy and vitality.
19. I eat only at mealtime or when my body needs nourishment.
20. My mind is adjusting my body metabolism to achieve and maintain my ideal weight.
21. I enjoy regular exercise.
22. I have the power and ability to attain the figure I desire.
23. Divine light and love flow through every cell of my body, healing me.
24. My body heals quickly and easily.
25. I welcome an abundance of health, love and happiness into my life.
26. I am open to the natural flow of wellness.
27. I am feeling healthy and strong.
28. I am peaceful and calm.
29. I release all that I no longer need. My body heals quickly and easily.

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30. I have all I ever need to experience a joyous and wonderful day.
31. I deserve and accept vibrant health and wellness into my life right now.
32. I am totally safe and surrounded by love, light, peace, and joy. Join us at a live workshop.
33. I love myself completely and take excellent care of my mind and body.
34. I have a healthy spirit, mind and body.
35. I drink large amounts of thirst-quenching filtered clean water.
36. I have great joy, and therefore great energy.
37. I make the right choices all day using my inner wisdom.
38. I have abundant energy and a strong healthy immune system.
39. I am thrilled with gratitude for another day on this earth.
40. My past is done and I release it. I live in the present with happiness, love, and joy.
41. I rest peacefully and contently every night knowing that my body is healing and rejuvenating while I sleep.
42. With every deep breath I take, my body is burning fat and creating perfect health and vitality.
43. All is well.
44. I am known for making healthy decisions.
45. I enjoy many physical activities with pleasure and comfort.
46. I am becoming more toned and fit every day.
47. I am grateful for the beautiful transformation that is happening to my body.
48. I am known for my positive energy and healthy lifestyle.
49. I am surrounded by people who encourage me to be healthy and fit.
50. Thank you for my strength, my health, my joy, and my vitality.
51. I am Peace.