



AFFIRMATION TO LIVE HEALTHY, HAPPY, WHOLE

I choose to live a healthy, happy and whole life! I will not lose heart as my inner spirit is being renewed everyday (II Corinthians 4:16). I am no longer the woman I once was. I am a new creation in whom God is doing amazing things (Isaiah 43:19). I am an ageless woman full of life, vitality, wisdom, energy, and life (Job 12:12, Proverbs 20:29, Psalm 92:14). I am extraordinarily made, worth far more than rubies (Psalm 139:14, Proverbs 31:10). My adornment isn't just external, but is the gentle, quiet spirit of my heart (I Peter 3:3-4). I am remarkably adorned with a crown of beauty, a spirit of joy, and an attitude of praise (Isaiah 61:3)! The healthy choices that I make are worship to God (I Corinthians 3:16-17). Therefore, I will glorify God with my mind, body and soul, for I am a temple of the Holy Spirit (I Corinthians 6:19-20). I will keep my body controlled and disciplined (I Corinthians 9:27). All that I eat and drink will be to the glory of God (I Corinthians 10:31). I am powerful and strong, and I will walk on high hills because the Lord is my strength (Habakkuk 3:19, Isaiah 40:29). Everything I watch, listen to, and think about will be pure, lovely, virtuous, praiseworthy, and of good rapport (Philippians 4:8).

I AM HEALTHY. I AM HAPPY. I AM WHOLE!