

It is natural for me to feel great.

Health is my natural state of being. It is a state that comes to me effortlessly, elegantly, and enthusiastically. **Health flows through every part of my body.**


My body feels strong, fit, and capable of any challenge I encounter. I feel proud at the potential my body is capable of, and I feel excitement at the possibilities and potential that lie all around me.

I vow to my body that I will take great care of it in this moment, and every moment. I choose to nourish it with fresh, healthy, nutritious food that is good for my body and my soul. I reject the notion of depriving my precious body - instead, I offer the fuel that it needs.

Health is more than a chore; it is a natural way of being.

I nourish my mind, keeping it busy, sharp, and active. I take every chance to learn something new, and I keep my mind lively and enquiring, grabbing every opportunity for fresh skills and new insight.

My mind is strong and powerful, and I keep it in the best shape.



I feed my soul with peace, forgiveness, and mindfulness.
I understand that taking care of my soul and spiritual health is just as important as my physical health.

I choose to nourish all areas of my body, mind, and soul.

Feeling well is my natural state - it is the only thing that I know.

Today, I embrace my wellbeing. I see this as my natural state, and enjoy the sensation of health in every moment.

Self-Reflection Questions:

1. When do I feel my strongest and fittest?
2. What steps can I take to help myself feel great?
3. What does a healthy, happy life look like for me?