

health mantras for

TOTAL WELLNESS

Life Elite
WELLNESS

How to use these mantras:

1. Read through the following affirmations and mantras and pick the 3 that really jump out and resonate with you.
 2. Write them on cards or post-its, and place them anywhere that ensures you will see them regularly.
- When you read them, really take it in, and reflect on what it says. Believe that what you are reading is your reality.

My body is getting stronger and healthier every day.

I radiate good health. I am the picture of perfect health.

I return my body to optimum health by giving it what it needs.

I am in perfect health.

I love every cell of my body.

I am nourishing my body with fresh food and clean water.

I love taking good care of myself.

Wellness is the natural state of my body.

With every breath I take, I am getting healthier and happier.

I am STRONG!

I allow only healthy and loving relationships into my life.

I am in control of my thoughts and my life.

I am happy in my own skin and in my own circumstances.

I am getting happier and happier. Every day.

I am healed, whole and healthy.

I feel energetic, active and alive.

I release all habits that are disempowering. My willpower is stronger than any habit.

I love myself, I believe in myself, I support myself.

I have incredible self-control.

I exercise because it makes me feel good. I am a vibrant soul radiating a healthy body.

My physical temple is beautiful, strong and well.

I am grateful for my healthy body.

I am positive, patient and persistent.

I choose energetic, healthy foods.

I give thanks that I now create vibrant health within my mind and body every day.

I choose healthy foods every day. I now crave only foods that increase my wellbeing.