
Health And Wellness Affirmations For Attaining Optimal Health

1. I'm in control of my health and wellness.
2. I have abundant energy, vitality and well-being.
3. I'm healthy in all aspects of my being.
4. I'm always able to maintain my ideal weight.
5. I'm filled with energy to do all the daily actions in my life.
6. My mind is at peace.
7. I love and care for my body and it cares for me.
8. I'm healthy, happy, and transformed!
9. I give myself permission to heal.
10. My natural state is health.
11. My energy field shines with clear brightness.
12. I'm well in my thoughts and at ease in my body.
13. I've the stamina and energy to do all the things I love!
14. I'm now perfectly healthy in body, mind and spirit.
15. I feed my body with self-nurturing and fit nutrition.
16. I'm enjoying optimal health.
17. I'm rediscovering the art of allowing my natural wellbeing.
18. My health is excellent and I'm perfectly fit.
19. I've all levels of energy - physical, mental, emotional and spiritual.
20. I have a fit spirit, mind and body.
21. I take deep, relaxing breaths.
22. I drink fresh, good water during the day to energize my body.
23. I do yoga upon arising every morning.
24. I do 30 minutes of vigorous walking or exercise daily.
25. I do strength training at least 3 times a week.
26. I take suitable nutrition for my body and mind.
27. I'm healthy, happy and radiant.
28. I am healthy, and full of vitality and energy.
29. I accept health as my normal state.
30. Every day and in every way, I feel energetic and enthusiastic.