



Have your Healthy LifeStyle Now

## Daily Affirmations

(You need to say your affirmations twice a day minimum. Once in the beginning of the day and as you go to sleep. Below are samples of what you can do or say as you are getting started.)

- 1. I am a champion in training.**
- 2. I can do all things through Christ who strengthens me.**
- 3. I am on time.**
- 4. I have great eye contact – when speaking to others.**
- 5. I look fit and fabulous.**
- 6. I am at my perfect weight.**
- 7. I am accountable.**
- 8. I am an excellent mother/father.**
- 9. I am an excellent business owner.**
- 10. I follow-through on my tasks daily.**
- 11. I am soo motivated... bring it on!**