

## Suggestions for Health

Every day and in every way I get healthier and healthier.

Self-care is my priority for optimal health.

My immune system is working perfectly and I am in great health.

I am attractive, strong and in ideal health regardless of what happens in my life.

I am peaceful, tranquil and healthy.

I feel strong in body and mind.

I use my powerful mind to heal myself.

I heal easily and effortlessly.

I deserve ideal health and to feel good.

Every day in every way, my health and well-being grow stronger.

The strength of my positive thoughts keep my immune system strong and balanced.

I love my naturally healthy body.

I am now full of radiant health and energy.

Everything I do adds to my good health and beauty.

I am good to my body and my body is good to me.

Good health is my destiny.

Every day and in every way my radiant health and well-being grows.

I am balanced and at peace with all aspects of my health.

I now focus my powerful mind on healing myself.

I deserve to feel good and I do.

My body systems are balanced and in perfect harmony with the universe.

I am vibrantly healthy and radiantly beautiful.

I look, feel and am very healthy.

Every breath I take gives me powerful healing energy.

I now release any patterns of illness to create ideal health.

All of my organs are healthy and work optimally.

My brain is in good health and works at optimal levels.

I breathe easily, deeply and regularly.

Love from my heart cleanses and heals every part of my body and mind.

I am healthy in body, emotions, mind and spirit.

I now give thanks for my ever strengthening immune system and health.

My positive attitude helps keep me healthy.

I choose positive thoughts of good health.

I release, I relax, I feel good.

Every breath I take adds to my strength, power and healing energy.

I choose to live a healthy lifestyle.

I now care for and nourish myself with love and joy.

I release that which I no longer need in my life.

I release any restrictions and I am free to be me.

I have the will-power and discipline to do anything I desire.

I open to joy and choose to love my life.

I now see the world as safe and friendly.

I create a new future because I am willing to change and grow.

Surrounded with safety and love, I create a space where I can heal.

I now handle my life with ease and joy.

I am powerful, independent and in control of my life.

I am safe in the here and now.

It is my right to live fully and freely and I do.

I now accept harmonious solutions.

I now create a new life that I love.

My mind is alert and my heart exudes joy.

No person, place or thing has any power over me. I have power over me. I am free.

I now let go of the pattern that created this situation and I now accept healing.

I choose thoughts that support me and allow me to feel good.

I am easily able to decline harmful substances.

I find healthier outlets for personal frustrations that can arise in the day.

I treat myself and others with respect and honesty.

I am proud of my accomplishments. I have a healthy body.

I completely love and accept myself as I am right now.

I take time to pray or meditate every day.

I give thanks for all that I have, all that I am, and all that I am about to become.

I give myself permission to fully tap into my abilities and talents.

I am healed by laughter, music and beauty.

I take time every day to have fun.

I notice the beauty in nature and it heals me.

Each day I love and accept myself more and I grow more in love with life.