

# I am rich in health and wealth

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My health is one of my highest priorities in my life. Without great health, everything else in life is compromised.

I choose to eat a healthy diet. By choosing healthy, nutritious foods. **I ensure that my body has the nutrients it requires to be at its best.** I avoid overeating and maintain a healthy weight for my body.

Exercise is equally important to protecting and enhancing my life. I exercise daily at a level that matches my current fitness. **I feel better, both mentally and physically, after exercising.** Exercising is a strong habit for me. I look forward to exercising, because it is so good for me.

I ensure that I get enough sleep each night. I awake refreshed and eager to start my day. I maintain a regular bedtime and wake-up time.

My financial wealth is just as strong as my health. My net worth and income continue to increase with each passing month. **I save regularly and avoid unnecessary spending.** I take my finances seriously. I am looking for

new ways to expand my financial wealth.

I am a rich in both health and wealth.

Today, I am focusing on my health. I am making wise food choices, exercising, and getting enough sleep.

I am also paying attention to my financial activities. I am using my financial resources wisely and expanding my income. I am rich in health and wealth.

## Self-Reflection Questions:

1. What can I do each day to be healthier?
2. What can I do to increase my income?  
How can I use my money more wisely?
3. What could I do with greater health and wealth?