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I consider my health when making decisions. **I reject choices that place my health at risk.** This includes anything that sacrifices my diet, exercise, or sleep. Health is one of my primary values. I avoid any activities that could be damaging to my health.

My body moves toward health and vitality. It is the instinct of every cell in my body. This results in having a high level of energy at my disposal.

I wake up feeling invigorated and energetic. **Each breath I take cleanses and rejuvenates my cells.** My body rids itself of toxins and waste easily and efficiently. I feel in peak health at all times.

I may occasionally feel ill, but it happens very infrequently. I take illness as a sign to allow my body to rest. I know that sleeping aids in a speedier recovery. I recover and enjoy vibrant health again quickly. My body's ability to heal itself amazes me.

I appreciate the level of energy and health

that I enjoy. I am blessed. I wish everyone were as fortunate as I am.

Today, every cell in my body vibrates with energy and health. I am taking care of my body and allowing it to take care of me.

Self-Reflection Questions:

1. What is my least healthy habit? What would be a healthier alternative?
2. How many hours of sleep do I get each night? Is that enough?
3. Would my life be better if I made my health a greater priority? How?