

I NOURISH MY BODY WITH HEALTHY FOOD

I nourish my body with healthy food.

I know that my body can only be as healthy as the food I feed it. I choose to eat healthy food and provide my body with the nourishment it needs to be at its best.

I have the power to choose the foods I eat, so I avoid blaming others when I eat something unhealthy.

Eating properly can be challenging, but I am up for the challenge. I allow myself to indulge in unhealthy foods on occasion, but the bulk of my eating is extremely healthy.
My health is a priority in my life.

I plan my meals in advance. That way I can ensure that I have healthy foods on hand. I have a list of healthy restaurants that I choose from when I want to go out to eat.

My friends are supportive of my food choices. They understand why eating well is important to me.

When I am feeling tempted to eat something unhealthy, I am able to stop myself. I take a moment to remind myself of why my health is so important. **Good**

health is necessary to enjoy life fully.

Today, I am making healthy eating a priority. I am eating three healthy meals each day and take pride in the fact that I am nourishing every cell in my body. My food choices have a huge impact on my health.

Self-Reflection Questions:

1. What are the worst foods I eat regularly? What are some good substitutes?
2. Am I a healthy weight for my height and build? If necessary, how can I move toward my target weight?
3. What are three changes I can make in my life that would make it easier to eat well?