

# *I grow stronger in mind, body, and soul each day*

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I am well-rounded and balanced. I give attention to my mind, body, and soul. **I understand that balance is the key to success and peace of mind.** I put my mind, body, and soul into even the smallest of acts.

My mind is my greatest asset. I am able to concentrate and focus at a high level.

I have the ability to persevere in the toughest of circumstances. Discipline is of great importance. With discipline, happiness, health, and inner-peace are possible. I can control my mind and make my dreams a reality.

My body is important because it houses my mind and soul. I take care of my body by eating well and exercising regularly. **I make healthy choices and treat my body like a temple.** I get the rest I need to be at my best each day.

My soul is nourished daily. I spend a few minutes each day meditating or praying. I feed my soul with beautiful books, sights,

music, and art.

**When my soul is at peace, I am at my best.**

My soul allows me to feel love, loyalty and gratitude. I nourish my soul by being kind.

Today, I strive for balance in my mind, body, and soul as I allow them to grow stronger. I seek out challenges and opportunities that feed their growth.

**Self-Reflection Questions:**

1. What can I do to strengthen my mind?
2. How can I make my health a priority?  
What changes should I make?
3. What are three ways I can nourish my soul each day?