

# My mind and body are in balance

## **My mind and body are in balance.**

They are in harmony with the universe.

My body and mind stay in balance despite stress or illness. I know how to nurture both my mind and body, so I stay strong and healthy. I resist temptations that affect this balance or hurt it.

## **I appreciate the balance between my mind and body, so I preserve it.**

I am grateful to have both a body and a mind. I know there are challenges that affect me. However, I am strong enough to overcome them and keep my balance.

## **I am thankful for the teachers who show me the importance of balance.**

I understand balance takes effort and time. I acknowledge that it is part of a long journey. But the benefits are worth the trouble.

I am thankful for the life lessons I receive about balance.

Today, I focus on the balance between my

body and mind. I am grateful for this balance and appreciate it. I work hard to maintain it and stay aware of its power. I notice how I feel when I am in balance and do what I can to maintain that balance.

## **Self-Reflection Questions:**

1. How can I ensure my body and mind are always in balance?
2. What can I do to maintain their balance during difficult situations?
3. How can I help my children learn more about the importance of balance?