



## Achieving Supreme Health with Affirmations

### **Achieving Supreme Health with Affirmations**

Many of us wish to lose weight or get in better shape. Perhaps you're concerned about your health and have made the decision to take better care of your body. Are there things you could be doing to be healthier? If so, you're not alone!

When you choose the right foods and exercise, you'll look and feel better, reduce your stress levels, sleep more soundly, have more energy, and enjoy better health. Sometimes, though, making the right choices isn't as easy as it sounds, is it?

The good news is there are some simple things you can do to help make positive choices and achieve the better health you deserve!

### **Do You Need More Motivation?**

If the alarm went off 45 minutes early in the morning so you can exercise before heading into the office, how would you react? Would you reply with negativity and tell yourself that skipping one day won't hurt, or that exercise is pointless?

When you pass that fast food store with the \$1.39 burgers and you're low on time and big on hunger, what choice do you usually make? Eating healthier isn't always as easy as picking up convenient, greasy foods. But would you go the extra mile for a healthy meal?

What about sleep? In addition to exercising and eating right, you also need to get enough sleep to live a healthy lifestyle. When you don't sleep well, you'll be less inclined to make healthy food and exercise decisions.

***Sleeping well helps you become more energetic and passionate about all things in your life, including your commitment to your health!***



It can be difficult to get enough rest when there are things you'd rather be doing!

Do you give up your sleep if you have work to do? Do you stay up late partying whenever you can?

### **Affirmations for Health Can Help!**

In those moments when you feel weak and you don't want to eat right, get enough sleep, or exercise, affirmations targeting your health can be just what you need to help you make the healthy choice.

***Affirmations are positive statements that replace the negative thought processes in your mind.*** If you think they don't work, I have news for you - do they ever!

When you start to talk yourself out of exercising, a *negative* affirmation is being repeated in your mind. An affirmation that says "I *can't* do it." So if a *negative* affirmation works, why can't a positive one?

When you're about to choose the junk foods instead of the good stuff, repeating an affirmation in your mind will remind you of your desire to be healthier and help you become more consciously and subconsciously aware of your healthy living goals.

For example, you can say, "*I allow my body to receive enough rest and exercise,*" or "*The more I take care of myself, the better I feel.*" Using statements like these will give you that gentle push you need when you feel inclined to be pessimistic.

Strive to repeat healthy living affirmations to yourself several times each day and whenever you need encouragement. It will take a bit of time, but, soon enough, you'll find yourself making healthy decisions more and more often.

The more often you choose the healthy lifestyle you desire, the better you'll feel, both physically and mentally. Make the commitment to your health by incorporating healthy living affirmations into your daily routine today!