

Health & Love

DAILY AFFIRMATIONS

- Each day, I happily receive all that I need.
- I am healthy in mind, body, and spirit and I know that I am loved.
- The people in my life are conduits for all the goodness of the universe.
- Health and love showers down on me daily from all sources.
- Sometimes, blessings come my way from unexpected directions. I am always open to receive these, however they may arrive.
- I receive all forms of love with deep gratitude.
- I feel stronger inside each day.
- I know that my own health and happiness are assured.
- Daily, I see love and health manifest in my life. I take this as evidence of a positive force working in my life, whether I attribute that to a higher power or just to my own will.
- Sometimes in the hurry of life, forgetting to pay attention to my blessings can seem all too easy. Therefore, I cultivate my awareness. This is how I know that health and love shower down on me daily.
- Today, I make time to contemplate all the blessings in my life.
- I am thankful for all of the ways that health and love manifest for me.
- I commit to paying close attention all the days of my life so that I can continue to live with a grateful heart.

HEALTH AND LOVE SELF-REFLECTION QUESTIONS

What are some of the ways that love has been shown to me today?

Are there ways in which I can contribute love or good health to someone's life today?

When could I most benefit by remembering to stop, breathe, and experience gratitude?