

I AM ENHANCING MY PHYSICAL WELL-BEING

I am enhancing my physical well-being, celebrating the vitality of my body through movement and mindful choices.

I honor my body as a sacred temple with exercise and nourishing foods. Whether dancing, playing sports, or stretching, I see each movement as an expression of life and health.

I cherish the energy that flows through me when I'm active and am grateful for my body's abilities.

Physical health is a joyful part of my life, not a chore, and I continuously seek to nurture and enjoy it.

By prioritizing my well-being, I invest in my future and celebrate every step toward a stronger, healthier self.

REFLECTION QUESTIONS

1

What physical activities do I enjoy the most?

2

How does taking care of my body affect my overall well-being?

3

What small steps can I take to improve my physical health?