

## I AM FOCUSING ON MY PHYSICAL HEALTH

Each day, I make choices that honor the vitality and capabilities of my physical form, whether through exercise, proper nutrition, sufficient rest, or mindful movement.

I recognize my body as an instrument of my will and a temple of my spirit.

I build strength, stamina, and flexibility and create a foundation for a vibrant life.

Physical activity becomes a celebration of what my body can do, and with each heartbeat, I feel more alive.

My commitment to physical health is also a commitment to my overall happiness and longevity.

Through this focus, I am empowered to meet the demands of my daily life with vigor and enthusiasm.

I am grateful for my body's intricate workings and dedicate myself to maintaining its well-being.

## REFLECTION QUESTIONS

**1**

What physical activities bring me the most joy and energy?

**2**

How do I integrate physical health into my daily routine?

**3**

How has focusing on my physical health improved other areas of my life?