

I am strong and fit

I am strong and fit.

I take care of my body and mind.

I work out regularly. I build my muscles and condition my heart. I increase my endurance and flexibility.

I eat healthy. **Both meals and snacks include healthy, whole foods.** I cut down on excess sugar, salt, and unhealthy fats. My diet gives me the energy I need for my busy life.

I manage stress. I slow down and focus on one task at a time. I talk with my loved ones about my feelings. I relax by including self-care in my daily routines.

I persevere through obstacles. I remember my purpose and keep my goals in mind. I turn to my loved ones for support. I think positive. I keep moving forward.

I bounce back from disappointments. I tell myself that ups and downs are natural. I appreciate the value of learning from experience.

I embrace challenges. I give myself

something to strive for each day. **I enjoy stretching my skills and learning new things.**

I adapt to change. I pay attention to what I have to gain. I create routines that give me a sense of comfort and security. I search for solutions and concentrate on the things I can control.

I face my fears. I evaluate risks rationally. I take action even when I feel uncomfortable. I teach myself that I can handle difficult situations.

Today, I celebrate my strength. I work hard and achieve my goals.

Self-Reflection Questions:

1. How do I define inner strength?
2. How can I gain more control over my life?
3. Why is it important to be consistent?