

I maintain a healthy body weight

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I take my health and my body seriously. I strive to eat healthy foods at all meals. Before I place any food in my mouth, I **consider whether it will nurture or damage my health.**

I am able to avoid unhealthy foods most of the time. I may have the rare slip now and then, but I return to my healthy ways quickly and easily.

I avoid feeling bad about my occasional unhealthy mistakes. A few transgressions are par for the course. I know that my healthy habits are strong.

I congratulate myself when I make healthy food choices. When I feel good about myself and my choices, it becomes even easier to stick to healthy fare.

I also exercise regularly. **I exercise in a way that maximizes my health and leaves me feeling refreshed.** I have a few forms of exercise that I enjoy and partake in regularly. I can happily exercise with myself or with others.

My body naturally moves toward a weight that is healthy for me. I find I can maintain this body weight with a minimum of fuss.

My food choices and exercise habits make it easy to keep myself feeling fit and trim.

Today, I enjoy my healthy body weight. If I need to gain or lose a few pounds, I accomplish that with grace and ease. I make my health a priority and maintain a healthy body weight.

Self-Reflection Questions:

1. What is the healthiest body weight for me?
2. What do I need to do to reach that body weight in a healthy manner?
3. How will I feel if I attain and maintain that healthy weight?