



**POSITIVE**  
MIND



**POSITIVE**  
VIBES



**POSITIVE**  
LIFE

# Affirmations to heal the body

My body heals with loving words

I am healthy

I am whole, perfect & complete

I tell my body to accept healing and health.

I am accepting health in my body.

I talk to all of my cells to heal my body and mind.

I am health.

I am attracting people and the highest  
information that will help me live a healthy life.

I am open to releasing all my unhealthy thoughts.

My health is very important to me.

I intend to live in optimum health.

I see myself healthy and whole.

I allow my body to heal itself.

My body is healing my whole being.

I release my past and leave it behind me.

I am open to releasing unhealthy people.

My DNA is programmed for optimum health.

I forgive because it is good for my health.

I tell my body thank you for carrying my soul.

It feels so good to be me.

I am so happy and grateful for this beautiful body.