



Affirmations *For* *Healthy Christian Women*

Today I focus on God to fill me with peace of mind
I deserve the healthiest version of myself
I choose God given healthy nutrient rich food
I'm eating clean and plenty of green food
I am in the process of God's healing power
I love drinking water
I am focused on what matters most
I am investing my time in my health
In Christ I am determined and strong
I am grateful in the state I am right now
I am fully blessed and grateful
I prayed to God and he filled me with joy
The comfort of the Holy Spirit warms my bones
Every day I feel better about life
My heart is receptive and actively seeking the right path
I am healthier and consistent
I am willing to go the distance for God
Challenge makes me stronger and wiser
My life is filled with beauty and grace
I choose to speak in love

FREE PRINTABLE

**Learn more about my Strategies here:
click right here to watch my free class**

you'll learn about:

**The 3 BIG mistakes that keep most of us
from struggling with food cravings.**

**Specific things YOU should do instead!
You'll also learn about the in-depth tools +
strategies that you need if you want to
change your mindset.**

**Why you cannot keep the weight off without
God's divine transforming power.**

HECK yeah!

