



MY BODY IS A
TEMPLE THAT
I TREAT WITH
LOVE AND
RESPECT.





I NOURISH MY
BODY WITH
WHOLESOME,
NUTRITIOUS
FOODS.





I MOVE MY
BODY WITH
JOY AND
INTENTION
EVERY DAY.



REDCHEEKSGIRL.COM



I AM
COMMITTED
TO A
LIFESTYLE OF
BALANCED
SELF-CARE.



REDCHEEKSGIRL.COM



I HAVE
ABUNDANT
ENERGY TO
ACHIEVE ALL
MY GOALS.





MY BODY IS
STRONG,
FLEXIBLE,
AND
RESILIENT.



REDCHEEKSGIRL.COM



I LISTEN TO
THE NEEDS
OF MY BODY
AND MIND.





I AM
DISCIPLINED
IN MY
FITNESS AND
WELLNESS
ROUTINES.



REDCHEEKSGIRL.COM



I AM PRESENT
AND MINDFUL
IN MY DAILY
SELF-CARE.





I AM A
BEACON OF
HEALTH AND
INSPIRATION
TO OTHERS.



REDCHEEKSGIRL.COM



MY BODY IS
MY TEMPLE,
AND I HONOR
IT FULLY.





I AM IN TUNE
WITH THE
RHYTHMS
AND CYCLES
OF MY BODY.





I AM A
POWERFUL,
HEALTHY,
AND VIBRANT
WOMAN.



REDCHEEKSGIRL.COM



I AM GRATEFUL
FOR THE
VITALITY AND
WELLNESS
I ENJOY.





I MAKE
CHOICES
THAT
SUPPORT MY
LONG-TERM
WELLBEING.





MY HEALTH IS
MY GREATEST
WEALTH AND
JOY.



REDCHEEKSGIRL.COM



I AM IN
CONTROL OF
MY PHYSICAL,
MENTAL, AND
EMOTIONAL
HEALTH.





MY BODY AND
MIND WORK
IN PERFECT
HARMONY.



REDCHEEKSGIRL.COM



MY BODY,
MIND, AND
SPIRIT ARE IN
PERFECT
HARMONY.

