



Affirmation August Challenge 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Repeat each affirmation to yourself upon waking and before bed. Challenge: Get a piece of paper and write down 1 affirmation per day – at the end of the month bring your list to your coach and receive 35% off 1 item of your choice.						
	1 I have an abundance of love, joy, and happiness.	2 Every cell in my body is filled with energy.	3 I let go of all fear, doubt and negativity.	4 I love myself.	5 I am strong.	6 I am beautiful.
7 My body is precious. I will treat it with respect.	8 I will walk into every situation today expecting the best.	9 My body is healthy, my mind is brilliant, and my soul is tranquil.	10 I forgive those who have harmed me & peacefully detach from them.	11 My relationships are becoming stronger, deeper and more stable.	12 I am courageous.	13 Today I abandon old habits & take up new positive ones.
14 I radiate beauty, charm and grace.	15 I am conquering my illnesses. I am growing stronger each day.	16 I am at peace with all that has happened, is happening & what will happen.	17 Food is not the enemy. It is healing and nourishing.	18 I am worthy of love.	19 I am perfect. I am whole. I am complete.	20 My body is a gift that I cherish and care for.
21 I am forever thankful.	22 I deserve to live a healthy life.	23 I love taking care of myself.	24 I am healthy and whole.	25 I am surrounded by people who encourage me to be healthy.	26 I eat healthy and I stay healthy.	27 I am free of unwanted stress.
28 Perfect health is my divine right and I claim it now.	29 Every day, in every way, I am getting better and better.	30	31	You can create anything you want, but to do that you must eliminate all doubt and replace it with the full expectation that you will receive what you are asking for. – The Secret ~Law of Attraction		