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I am profoundly grateful for my body. It does many wonderful things. The more I learn about its abilities, the more I treasure it.

My body protects me from disease and injuries. I fight off colds and flu. I heal from slips and falls.

My body gives me the ability to play sports and have fun. I can enjoy a game of tennis or hiking through the woods. **I take satisfaction in challenging my limits and growing stronger and faster.**

My body enables me to develop my mind. Being physically fit sharpens my thinking skills. I have the energy and mental resources to practice law or teach kindergarten.

My body allows me to know the joys of parenthood. My children bring new happiness and purpose into my life. Playing with them stirs my imagination. Guiding them towards independence gives me a sense of fulfillment.

When I think about the many gifts that I receive from my body, I realize how important and beautiful it is. I pay more attention to its amazing potential and find it easier to accept any minor flaws.

I make healthy choices because I love my body. I eat nutritious foods, sleep well, and exercise regularly. I manage stress and cultivate rewarding relationships.

Today, I honor my body and treat it with the love and respect it deserves. I enjoy paying it back for the amazing way it serves me.

Self-Reflection Questions:

1. What is one thing I like about my body?
2. What would I say if I was writing a thank you letter to my body?
3. Why is taking care of my body important to me?