

My Body is
Resilient and Adaptable.

It is always Doing
the very best it can
at any given Moment



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Balance and Harmony
are MY
Body's Innate state of Being



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My body cells can sense every
thought. I choose kind and
loving thoughts as often as
possible



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My body knows exactly how to
find its natural harmony. All i
have to do is create an
environment that allows it to
do so



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I trust my body unconditionally



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I choose to be patient with my
body and give it all the time it
needs to heal



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My hormones are perfectly
balanced and my menstrual
cycles are becoming more and
more regular



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I joyfully take responsibility for
the things i can control and
gracefully let go of what i cant
control



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I deserve my own love, care and
compassion



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I observe my symptoms with
compassion, kindness and
understanding



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I love my body unconditionally



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I respect my body
unconditionally



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