

RESET & RISE COMMUNITY RESOURCE

AFFIRMATIONS

1. I am strong, resilient, and capable of healing my body.
2. My body is working diligently to restore and regenerate itself.
3. I release all fear and welcome love and healing into my life.
4. Every day, I am getting stronger and healthier.
5. I am surrounded by a supportive and loving network of family and friends.
6. My body is a vessel of healing energy, and I am open to receiving it.
7. I trust in my body's ability to heal itself naturally and completely.



AFFIRMATIONS CONT.

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8. I release all negative thoughts and replace them with positive, healing affirmations.

9. I am grateful for every step forward on my healing journey.

10. I am in control of my mindset, and I choose to focus on hope and positivity.

11. I forgive myself for any past negative thoughts or actions that may have affected my health.

12. I am worthy of vibrant health, happiness, and a fulfilling life.

13. I am at peace with my body, and I honor its wisdom and resilience.

14. Each day, I am taking steps towards optimal health and well-being.



AFFIRMATIONS CONT.

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15. I am surrounded by healing energy and loving support from the universe.

16. I release all worry and surrender to the healing process with faith and trust.

17. My body is a miraculous creation, capable of restoring itself to perfect health.

18. I am resilient, and I bounce back from any challenges that come my way.

19. I embrace a positive mindset and let go of any negative beliefs about my health.

20. I am grateful for the opportunity to heal and create a vibrant future.

