

Fact Sheet 6



Living a Wholistic Life
Your journey towards a freedom life

Affirmations for Meditation

As you settle into a state of meditation, use the following affirmations to assist you make positive choices for your wellbeing.

- * Everything I do is fun
- * I surround myself with supportive people
- * I am present in every moment
- * I further my career with every action I take
- * I make healthy decisions easily
- * Life is full of love, and I find it everywhere I go
- * I crave healthy, nutritious food
- * I am healthy and full of energy