



**Biohack**

**Longevity**  
**Affirmations**

[www.BiohackingHealing.com](http://www.BiohackingHealing.com)

1. I am unlocking the secrets of longevity and youthful living.
2. My body is designed to heal, renew, and regenerate.
3. I am in complete control of my health and longevity.
4. My body regenerates and repairs itself with precision.
5. My DNA is programmed for longevity and optimal health.
6. I am a powerful creator of my own long, healthy future.
7. I harness the power of epigenetics to find my divinely perfect youthful biological age.
8. My positive thoughts are now creating a healthy, youthful physical appearance.
9. I love every beautiful cell in my body at any phase of my life.
10. My positive thoughts create my health and vitality.
11. My genes respond positively to my thoughts and actions.
12. My belief in longevity increases my lifespan.
13. I now command my telomeres to lengthen, keeping me young and strong.
14. Every day, my body and mind become more vibrant and youthfully energetic.
15. I am full of vibrant energy and life.
16. I am in complete harmony with the natural flow of life, living a long, healthy, and fulfilled life.
17. I am in harmony with my body's natural rhythms.
18. My body can regenerate and heal itself effortlessly.
19. I am now filling every cell in my body with youth and vitality.
20. My mind is clear, sharp, and focused.
21. I now embrace healthy habits that support my longevity.
22. I am grateful I can choose to have healthy habits.
23. I choose longevity, health, and vitality every day.
24. I gracefully release all limiting beliefs about aging.
25. My body and mind thrive with each passing year.

26. My immune system grows strong and resilient.
27. I am constantly renewing and revitalizing my body.
28. I am ageless, limitless, and full of life.
29. I am a living example of optimal health, longevity, and vitality.
30. I use cutting-edge health practices to extend my lifespan.
31. My mitochondria are strong, producing boundless energy.
32. My body produces optimal levels of youthful hormones.
33. My nervous system is calm, balanced, and resilient.
34. My body is functioning at peak performance.
35. My mind is clear, focused, and sharp at every age..
36. My sleep is deep, restorative, and healing.
37. I sleep the perfect hours for me to rejuvenate and regenerate my body each and every night.
38. My body thrives on moving more.
39. My body craves healthy nutritious foods that I love to eat.
40. My circadian rhythm is perfectly balanced, and I feel amazing.
41. I optimize my health with cutting-edge technologies and practices.
42. I regenerate my body on a cellular level every day.
43. Every breath I take activates healing and longevity.
44. My body effortlessly produces stem cells for repair and renewal.
45. I am constantly upgrading my biology for maximum health.
46. I harness the power of my subconscious mind to hold beliefs in longevity and health.
47. My brain remains sharp, innovative, and deeply creative.
48. I am thriving, at every stage of life.
49. My body is limitless in its ability to regenerate and rejuvenate.
50. My biological age is reversing to it's optimal youthful vitality, while maintaining the wisdom of my years.

51. I look and feel younger than my chronological age now.
52. My body defies the aging process effortlessly.
53. I am the embodiment of youth, vitality, and energy.
54. My skin is now becoming more and more smooth, firm, and radiant with youthfulness.
55. My hair is becoming thick, strong, and full of life.
56. My posture is upright, confident, and youthful.
57. My voice is strong, clear, and filled with youthful vitality.
58. I maintain my flexibility and mobility with ease at every age.
59. I stay young in spirit, mind, and body, while living a life of wisdom and higher consciousness.
60. My muscles are becoming more and more strong, lean, and defined.
61. I embrace new adventures and experiences.
62. I am playful, curious, and full of life.
63. My energy levels increase as I grow wiser.
64. My collagen production is high, keeping my skin youthful.
65. I love how youthful and vibrant I feel every day.
66. My joints and bones are strong, flexible, and agile.
67. I remain agile and full of energy.
68. I radiate youth and vitality in everything I do.
69. My eyes sparkle with life, clarity, and excitement.
70. My body is in a constant state of renewal.
71. My mind stays adaptable, resilient, and ever-growing.
72. I am living proof that age is just a number.
73. I embody the fountain of youth within me.
74. I am committed to living a long, vibrant, and fulfilling life.
75. Every day, I grow younger, healthier, and stronger.



76. My mind is sharp, my body is strong, and my spirit is radiant.
77. I embrace aging as an opportunity to become wiser and more empowered.
78. I am filled with boundless energy and vitality.
79. My purpose fuels my passion for a long and meaningful life.
80. Every cell in my body regenerates with youth and vitality.
81. I am the architect of my health and longevity.
82. I age gracefully, powerfully, and beautifully.
83. My body and mind are designed to thrive for decades.
84. I am in full control of my biological age.
85. I unlock the secrets of longevity with ease and joy.
86. My life is filled with adventure, growth, and purpose.
87. I attract health, energy, and well-being effortlessly.
88. My mindset is my greatest biohack for longevity.
89. Every year, I become healthier, stronger, and more resilient.
90. I choose habits that promote a long and vibrant life.
91. My potential is limitless, and I live with passion and enthusiasm.
92. My body is my sacred temple, and I honor it daily.
93. I stay curious, adaptive, and open to new discoveries in health.
94. I am committed to a life of constant renewal and expansion.
95. My life has a higher purpose, and I live it fully.
96. My cells are constantly regenerating and rejuvenating.
97. I nourish my body with the best food, supplements, and care.
98. My immune system is strong and protects me at all times.
99. I feel more energized and youthful every single day.
100. My body heals quickly and efficiently.

101. I am deeply connected to my body's innate wisdom.
102. I release toxins and embrace pure, clean living.
103. I thrive in optimal health at every stage of my life.
104. I am free from disease, inflammation, and stress.
105. My hormones are balanced, and my body functions perfectly.
106. I am constantly upgrading my health and vitality.
107. My breath is deep, my oxygen levels are high, and I feel amazing.
108. My metabolism is fast, and my body stays lean and strong.
109. I wake up every day feeling refreshed, energized, and alive.
110. I love and appreciate my body, and it loves me back.
111. My skin glows with youth, hydration, and health.
112. I maintain my ideal body weight effortlessly.
113. My digestion is strong, and my body absorbs nutrients perfectly.
114. I have incredible stamina, strength, and flexibility.
115. I radiate energy, health, and vitality.
116. My body naturally resets, heals, and optimizes itself.
117. I activate my body's ability to reverse signs of aging.
118. I am deeply grateful for my body's resilience and strength.
119. My cells are infused with pure energy and life force.
120. I am passionate about my work and mission.
121. My creativity flourishes at every stage of life.
122. I inspire others with my vitality and wisdom.
123. I am always learning, evolving, and growing.
124. My career and passions fuel my longevity.
125. I remain highly productive and effective at all ages.

126. My purpose keeps me youthful and motivated.
127. I easily adapt to new ideas, technology, and knowledge.
128. My legacy is one of health, wisdom, and vitality.
129. I surround myself with people who uplift and inspire me.
130. My relationships nourish my soul and longevity.
131. I continue to make a meaningful impact in the world.
132. I invest in my health as my greatest asset.
133. My life is filled with purpose, passion, and joy.
134. I am grateful for every year, every experience, and every lesson.
135. I am an unstoppable force of health and longevity.
136. My body and mind are in peak condition.
137. I am limitless in my potential for growth and renewal.
138. Every moment, I am creating a longer, healthier future.
139. My brain is functioning at optimal health in every age.
140. I can easily heal myself through the power of commanding the cells in my body to regenerate and rejuvenate.
141. I am grateful that every day I'm feeling and looking youthful.
142. I am grateful for all the tools God/Universe/Great Spirit/Power of Mind has given me to keep a youthful, fit and healthy body.
143. I am grateful I have everything I need to live a fulfilling, happy, long life.
144. I am so happy, thankful, and grateful that I am living my best life.