

AFFIRMATIONS

SAMPLE AFFIRMATIONS

I look forward to my cardio sessions.

I feel energized when I eat healthy foods.

I enjoy working out.I am building a better physique every day.

Eating a clean diet brings me closer to my goals.

I succeed in my goals.

I deserve to live a fit and healthy lifestyle

I give 100% at every workout because I deserve it.

NOW IT'S YOUR TURN!
