

I EASILY SAY NO TO
UNHEALTHY
SNACKS.

I AM IN CONTROL
OF MY HUNGER
AND CRAVINGS

HEALTHY SNACKS
NOURISH MY BODY
AND ENERGY.

I LISTEN TO MY
BODY'S TRUE
HUNGER SIGNALS.

I FEEL FULL AND
SATISFIED WITH
HEALTHY FOODS.

I RELEASE THE URGE
TO EAT OUT OF
BOREDOM.

MOVING MY BODY
MAKES ME STRONGER
AND HAPPIER.

I ENJOY EVERY STEP
OF MY FITNESS
JOURNEY.

I AM MOTIVATED
TO EXERCISE DAILY.

MY ENERGY
GROWS WITH
EVERY WORKOUT.

I AM DISCIPLINED,
ACTIVE, AND
DETERMINED.

I LOVE HOW MY
BODY FEELS AFTER
EXERCISE.

I CHOOSE HEALTHY
HABITS THAT
SUPPORT MY GOALS.

I AM PATIENT,
CONSISTENT, AND
SUCCESSFUL.

I BELIEVE IN MY ABILITY
TO CONTROL MY
HUNGER.

I AM STRONG,
ENERGIZED, AND
COMMITTED TO MY
FITNESS.