AFFIRMATIONS FOR HEALTH

I am *moving on* as I keep the focus on myself and my needs

I am releasing the pain of the past to God, my higher power or the universe

I am accepting that how I was hurt cannot be changed, so that I can begin to move on

I will begin to take tender care of ME

I am making a FRESH START right where I am and just as I am

I can grieve what I lost, name what’s left, and envision what is possible for my tomorrow

I am affirming my STRENGTH to survive this hurt and to RECREATE my life anew

I will choose to take positive, *constructive* action on my own behalf each day

I can let the past be the past and open up to something new today

I will respond to life’s INVITATION to rebuild

I can reach out for something better

I can move on with and *through the pain*

Only I can choose to be responsible for the quality of the rest of my life

Embrace new opportunities