



# I heal in mind and body every day.

With each moment that passes, I heal in both mind and body.

I overcome any challenges that life throws my way. I know that I have the ability to step back, to take time, and to heal as I need.

**There is magic in healing, and I embrace this wholeheartedly.**



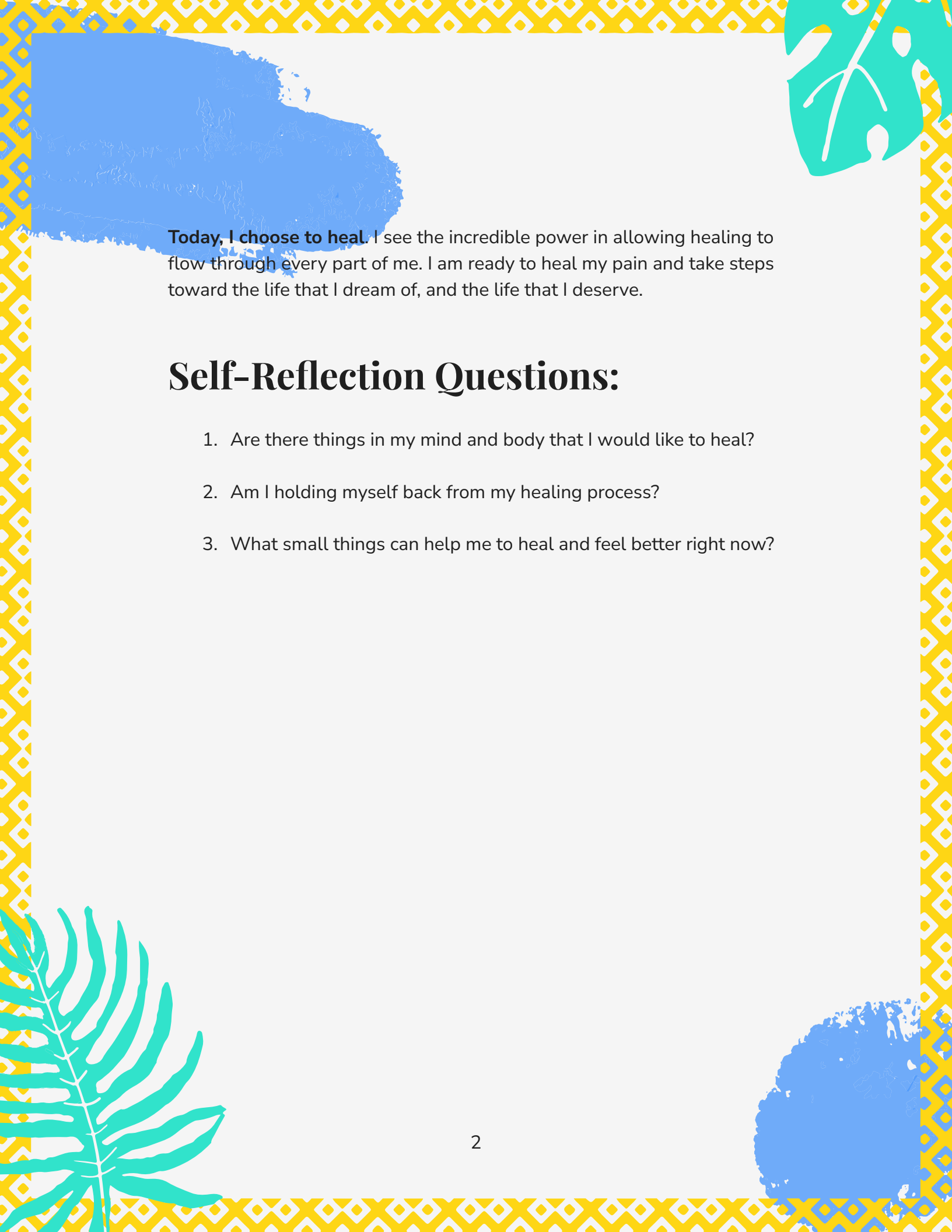
I see that when I give myself the chance to truly heal, there are no challenges that can get the better of me. I make no apologies for the time I take for myself - I know that I am worthy.

**I am worthy of the time, love, and attention it takes for me to heal. I dedicate this to myself without explanation or apology.**

I understand that through healing, I grow, evolve, and develop, becoming the person I was always supposed to be. I fulfill my potential with each breath, and always seek new opportunities.

**I am an explorer, always looking to grow, to develop, and to evolve.**

I see that to reach this potential, I must first take the time to heal. I **choose to make healing my number one priority in all I do.**



**Today, I choose to heal.** I see the incredible power in allowing healing to flow through every part of me. I am ready to heal my pain and take steps toward the life that I dream of, and the life that I deserve.

## Self-Reflection Questions:

1. Are there things in my mind and body that I would like to heal?
2. Am I holding myself back from my healing process?
3. What small things can help me to heal and feel better right now?