

This is my perfect body.  
This is the temple in which I walk the earth.  
I vow absolute allegiance to it.  
I forge this commitment to my body in moment-awareness and choice-consciousness.

I enjoy caring for my body.  
I am aware that food is its sustenance.  
I wisely shop for nutritious foods.  
I am a master at choosing healthy snacks.  
I enjoy eating a variety of healthy, balanced meals I create every day.

I exercise daily for the joy of using my body.  
I am aware that daily exercise is visible.  
I know which exercises will make me feel the best.  
I love to dance.  
I am always very relaxed after exercising.

I rest when my body needs it.  
I quickly retreat into delicious peace.  
I sleep deeply all night long.  
My miraculous body heals itself.  
I wake up full of energy.

My body functions wonderfully for me.  
I award my body by pampering it.  
I take time to cherish every part of it.  
I instinctively choose the best-fitting clothes.  
My body responds in the most positive way.

I love to smile.

I am firm, sensual and attractive.  
I am completely healthy.  
I am very happy with my body.

**I LOOK FABULOUS!**  
**I FEEL FANTASTIC!**

I make people feel good when they see me.  
I make people want to feel the way I do.

I take care to shine from within in this way better to serve.