

# EDOKITA 7 DAYS POWER AFFRIMATIONS

- SPEED UP YOUR HEALING PROCESS
- GET BACK YOUR SELF ESTEEM
- BOOST YOUR MENTAL HEALTH



- 1. I am thankful for life and health**
- 2. Taking care of body is one of my priorities.**
- 3. My body is beautiful, I love my body**
- 4. I am confident, capable and compassionate**



- 5. I return my body to optimal health by giving it what it needs on every level**
- 6. My body is vibrant and healthy**
- 7. I make healthy choices today and everyday**
- 8. I am grateful for my healthy body**



**9. I put my past behind me and I choose to be happy**

**10. My inner beauty radiates outwards**

**11. I am healthy, wealthy, whole, strong and productive**

**12. I breathe deeply and fully**



**13. I am responsible for my own happiness and I choose to be happy**

**14. I don't compare myself to others**

**15. I am becoming healthier everyday**

**16. I feel positive in every cell of my body**



**17. I believe in myself I deserve to be healthy  
and I believe I can be healthy**

**18. I give love and I receive love**

**19. I feel great about myself.**

**20. My health is becoming better and better**

**21. I am healthy and happy.**



**22. My mind is filled with positive and nourishing thoughts**

**23. I enjoy the foods that are best for my body**

**24. I nourish my body with the food I eat**

**25. I open my heart to love, happiness, wealth and peace**

**26. I care for myself**



**27. I avoid things that are unhealthy for my body**

**28. I release all pain, frustration, anger, disappointment, and any negative feeling in me**

**29. I work towards improving the quality of my health**

**30. I invest in my health**



THANK YOU!

KINDLY TAKE A MINUTE TO  
FOLLOW US ON OUR SOCIAL  
MEDIA PLATFORMS

