

I build strength

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I strengthen my body and mind. **I increase my power and develop new capabilities.**

I eat nutritious foods. I fuel up on balanced meals and wholesome snacks. I eat plenty of vegetables and fruits, and cut back on empty calories.

I work out. I lift weights or take a yoga class. I train for strength, flexibility, and balance. I manage my weight and keep my heart healthy.

I give myself adequate rest and sleep. I go to bed and wake up on a consistent schedule. I take occasional breaks throughout the day to stretch my limbs and refresh my thoughts.

I manage stress. I find constructive ways to deal with noisy neighbors or traffic jams. I listen to music, take a warm bath, or stroll through the park. I resolve conflicts by respecting the needs of others as well as my own.

I continue learning. I gain knowledge and insights through reading and traveling. I ask

questions and engage in deep conversations.

I think positive. I focus on what I have to gain. I remember to be grateful for the good things in my life.

I connect with others. **I surround myself with family and friends who give me valuable feedback and support.**

I practice my faith. My spiritual beliefs give me inspiration, comfort, and strength.

Today, I flex my mental and physical muscles. I am willing to push myself so that I can achieve more. Being strong enables me to perform at my peak and reach my potential.

Self-Reflection Questions:

1. How can challenges and setbacks help me to become stronger?
2. Why is it important to tolerate discomfort sometimes?
3. What is the relationship between self-acceptance and strength?