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My body is sacred to me, since it is necessary for my life to continue. There are many ways in which I give it the care it deserves.

I consider my health. I know that my body needs healthy food to be at its best. I avoid unhealthy foods and beverages. **I consider the impact of everything I put into my body.** If something is unhealthy, I stay away from it.

My body deserves the best.

I ensure that my body receives sufficient sleep each night. I know how many hours of sleep my body needs and I make sure to get it. I have a regular bedtime and wake-up time. My body gets all the sleep and relaxation time it requires to thrive.

My body loves exercise, so I exercise regularly. **I enjoy exercising,** and I know my body is healthier when I make exercise part of my life. I treat my body like a temple, so I exercise several times each week.

Today, I keep my body in mind when I make decisions. **I make healthy choices.** I avoid

activities that risk my health. My body is sacred to me, so I place a premium on providing it what it needs to be at its best.

Self-Reflection Questions:

1. What are three unhealthy habits I need to remove from my life? What impact will this have on my health?
2. What are three healthy habits I should add to my life? What will the impact be of each of those habits?
3. How well do I treat my body? Why do I treat it that way?