

Fitness Inspired Affirmations

Try using these affirmations when you put your deodorant on AND/OR on your way to workout AND/OR from the moment your alarm goes off to set the tone for your day :) You're A Star!

- I am strong
- I can do this
- I have made it through tougher workouts and harder things
- I will listen closely to my body and do what is best for it
- Sometimes doing the best exercise for me will be asking for help and modifying/adapting.
- When my muscles are getting stronger my will and my mental toughness are too!
- I am powerful
- My body is amazing and resilient
- I do what I set out to do
- I set my bar high and I am proud of all the little victories towards my goals
- I celebrate Fitness Inspired wins of others and I'm proud to share my own too.
- I structure my schedule based on my priorities and it feels good to live life by design
- I am determined
- I am fearfully and wonderfully made
- When faced with obstacles and challenges I get coaching, adapt, and persevere bravely
- I find ways to give joy to others
- I Wake Up & Workout to an amazing day!
- I was created to move, stretch, dance and live a vibrant life
- I am fit, strong, and lean
- I love conquering new challenges and goals with confidence