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# SPOKEN WORD ENGAGE

Words are fundamental building blocks in our lives. When we speak, our bodies hear what we say, all of nature hears what we say, the spiritual realm hears what we say. And when they hear it, they respond. Think about this, when we hear that one special person say they love you, your body responds. It elicits a physical response.

Our bodies respond best to our voice. Our voice has the power to influence our body's response in various ways, impacting our emotions, posture, relaxation, and self-expression. It's important to recognize the connection between our voice and our overall well-being and use it consciously to promote positive effects on our body and mind.

So take a few of these affirmations and speak them out. If you do them daily over a few weeks, you will begin to notice a change. Don't give up. Keep these words coming out of your mouth. Someone asked me how long should I say my affirmations. My reply was till you are firmly persuaded they are true!

## Health

1. I am in perfect health, and my body functions optimally in every way.
2. I nurture my body with healthy choices, providing it with the nourishment it needs to thrive.
3. I am grateful for my body's ability to heal itself, and I trust in its innate wisdom.
4. I radiate vibrant health and energy, and I attract wellness into every cell of my being.
5. I release and remove any negative thoughts, beliefs or patterns that no longer serve my health and well-being.
6. I prioritize self-care and make time for activities that nourish and rejuvenate my body and mind.
7. I listen to my body's signals and respond with love and compassion, honoring its needs.
8. I choose thoughts and emotions that support my well-being, creating a positive environment within my body.
9. I am committed to maintaining a healthy lifestyle, which includes regular exercise, balanced nutrition, and restful sleep.
10. I am the embodiment of health and vitality, and I am grateful for the abundance of well-being in my life.

## Victory over Pain

1. I have the power to overcome and transcend any pain that arises within me.
2. I am in control of my response to pain, choosing to face it with courage and resilience.
3. I am not defined by my pain; I am defined by my strength and ability to rise above it.
4. I release the hold of pain over me, reclaiming my power and inner peace.

5. I trust in my body's natural ability to heal and restore itself, empowering me to move beyond pain.
6. I am capable of finding peace and joy even in the presence of pain.
7. I tap into my inner strength and resilience, using them as tools to navigate through pain.
8. I am stronger than any pain that comes my way, and I use it as an opportunity for growth and transformation.
9. I am deserving of a pain-free existence, and I take proactive steps to care for my physical and emotional well-being.
10. I embrace my personal power and rise above pain, embracing a life of vitality, joy, and fulfillment.

### **Strength**

1. I am strong, both mentally and physically, capable of overcoming any challenges that come my way.
2. My strength lies in my resilience, and I bounce back stronger from every setback.
3. I embrace my inner strength and allow it to guide me through difficult times.
4. I am unwavering in the face of adversity, and I persevere with unwavering determination.
5. I trust in my own inner power and draw strength from within.
6. I am not afraid to stand up for what I believe in and assert myself with confidence and grace.
7. I have the strength to let go of what no longer serves me and embrace positive change.
8. I am empowered by my past experiences, and I use them to fuel my strength and growth.
9. My strength inspires others and creates a ripple effect of positivity and resilience.
10. I am a force to be reckoned with, and I am capable of achieving anything I set my mind to.

### **Worth**

1. I am inherently worthy, deserving of love, happiness, and abundance.
2. My worth is not determined by external factors; it comes from within me.
3. I embrace my uniqueness and recognize the value I bring to the world.
4. I am worthy of receiving all the good that life has to offer.
5. My worth is not measured by my accomplishments, but by my inherent value.
6. I deserve to be treated with respect, kindness, and compassion.
7. I honor and appreciate myself for who I am, embracing all my strengths and weaknesses.
8. I am enough just as I am, and I don't need to prove my worth to anyone.

9. I release the need for validation from others and acknowledge my worth comes from self-acceptance.
10. I am worthy of pursuing my dreams, desires, and passions, and I give myself permission to go after what brings me joy and fulfillment.

### **Fear**

1. I am brave and courageous, and I conquer my fears with unwavering determination.
2. I release fear's grip on my life and step forward with confidence and resilience.
3. Fear is only a temporary barrier, and I have the power to overcome it.
4. I embrace fear as an opportunity for growth and transformation, knowing that true victory lies on the other side.
5. I am stronger than my fears, and I face them head-on with courage and grace.
6. Fear does not control me; I am in control of my thoughts, emotions, and actions.
7. I trust in my ability to navigate through fear and emerge victorious on the other side.
8. I am capable of stepping outside my comfort zone and embracing new experiences, even in the face of fear.
9. With each victory over fear, I become more resilient, confident, and empowered.
10. I am the master of my own destiny, and I choose to live a life free from the limitations of fear.