

I AM HEALTHY

[CHORUS]

**I AM GRATEFUL TO BE HEALTHY
I SAY THANK YOU EVERY DAY
I'M TAKIN' GOOD CARE OF MY MIND AND BODY
AND IT TAKES CARE OF ME
YEAH, I AM HEALTHY**

**SELF CARE IS A PRIORITY
KEEP MOVIN' DAILY
SLEEPIN' WELL AND EATING RIGHT
HELPS ME LIVE AN AMAZING LIFE**

**MY IMMUNITY DEFENDS ME
NO CONDITION WILL IMPACT ME
I LISTEN TO WHAT MY BODY NEEDS
AND CHOOSE MY THOUGHTS CAREFULLY**

[REPEAT CHORUS]

**FEELING FULL OF POSITIVITY
MY MIND AND BODY WORK IN HARMONY
STAY PRESENT AND APPRECIATE
TO MAINTAIN A PEACEFUL STATE**

**OH, I'M TAKIN' CARE OF ME,
I'M FULL OF ENERGY, YEAH**

[REPEAT CHORUS]

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I SAY THANK YOU EVERY DAY
I'M TAKIN' GOOD CARE OF MY MIND AND BODY
AND IT TAKES CARE OF ME
YEAH, I AM HEALTHY**



MINDFUL MOMENTS

MY JOURNAL



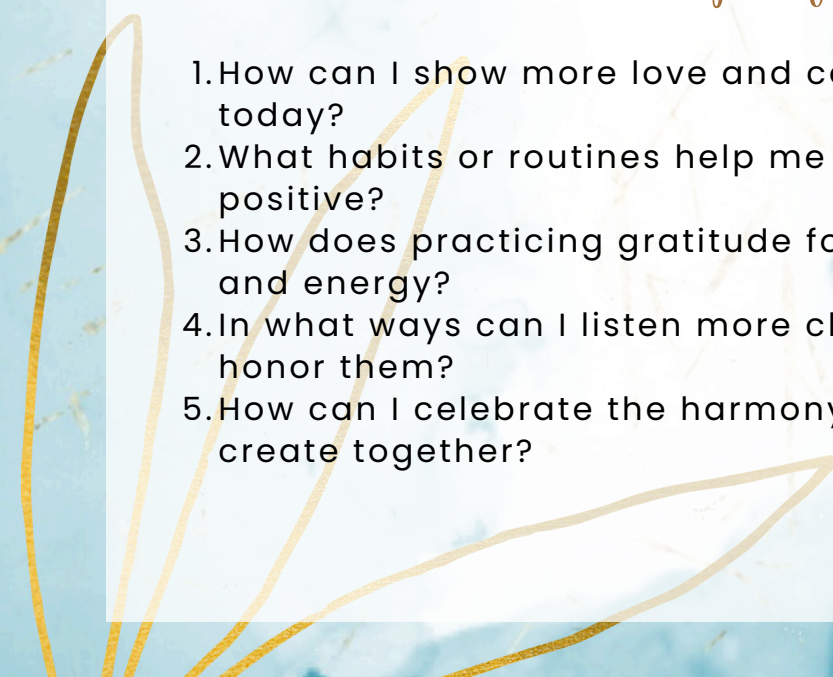
Why Journaling Helps You Heal & Shift Your Mindset

Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for I am Healthy

1. How can I show more love and care for my body and mind today?
 2. What habits or routines help me stay healthy, energized, and positive?
 3. How does practicing gratitude for my health shift my mindset and energy?
 4. In what ways can I listen more closely to my body's needs and honor them?
 5. How can I celebrate the harmony and vitality my mind and body create together?
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I am grateful
to be healthy
every single
day.

I take good
care of my
mind and
body, and they
take care of
me.

I stay active,
sleep well,
and nourish
my body with
love.

I listen to my
body's needs
and respond
with care and
respect.

I choose
thoughts that
support my
health,
vitality, and
positivity.

My immune
system
protects me,
and my body
is strong and
resilient.

I prioritize
self-care and
make my
wellbeing a
top priority.

I choose
thoughts that
support my
health,
vitality, and
positivity