

# I AM COVID FREE

**[CHORUS]**

**I AM GRATEFUL FOR MY BODY  
WELLNESS IS MY NATURAL STATE  
FEELING HAPPY AND COVID FREE  
OH, I AM HEALTHY  
YEAH, WE'RE ALL HEALTHY**

**SHOWED COVID, I'M THE BOSS  
BY TAKING CHARGE OF MY THOUGHTS  
WITH FEARFUL BELIEFS SET ASIDE  
MY IMMUNE SYSTEM'S READY TO RISE**

**MY HEALING BEGINS WITH ME  
I'M BREATHIN' EASILY  
MY PRIORITIES ARE NOW CLEAR  
MY HEALTHY BODY IS HERE**

**[REPEAT CHORUS]**

**TURN OFF THE NEWS AND UNWIND  
SEND LOVE TO ALL HUMANKIND  
STAYING CALM AND IN CONTROL  
FEELS OH SO GOOD TO MY SOUL**

**I'M CORONAVIRUS FREE  
I AM HEALTHY**

**[REPEAT CHORUS]  
[REPEAT CHORUS]**



# MINDFUL MOMENTS



# MY JOURNAL



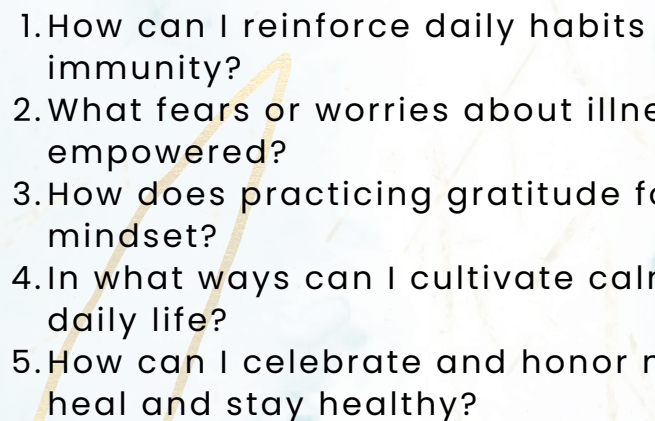
## *Why Journaling Helps You Heal & Shift Your Mindset*

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 Covid Free*

1. How can I reinforce daily habits that support my health and immunity?
  2. What fears or worries about illness can I release to feel more empowered?
  3. How does practicing gratitude for my body shift my energy and mindset?
  4. In what ways can I cultivate calm, balance, and positivity in my daily life?
  5. How can I celebrate and honor my body's natural ability to heal and stay healthy?
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I am grateful  
for my  
healthy,  
strong, and  
resilient body.

Wellness is my  
natural state,  
and I embrace  
it fully.

I am Covid  
free and my  
immune  
system is  
strong and  
ready.

I release fear  
and limiting  
beliefs,  
trusting my  
body to  
protect me.

Eating  
healthy,  
exercising,  
and self-care  
support my  
wellbeing.

I breathe  
easily and  
maintain calm  
and balance  
in my life.

I take charge  
of my  
thoughts and  
align them  
with health  
and positivity.

I am healthy,  
thriving, and  
free from  
illness.