



## HOW AFFIRMATIONS CAN POSITIVELY IMPACT YOUR FITNESS & WELLNESS JOURNEY

Affirmations are simple, powerful tools that help retrain your brain to focus on what's *working* rather than all the things that feel too hard, too slow, or not good enough.

They interrupt the negative self-talk we've often been repeating for years and shift your energy, motivation, and belief, especially when you're stepping into the next version of yourself.

Whether your goal is to move more, eat better, feel stronger, or get your confidence back in your clothes, it all starts with the thoughts you feed your mind.

So what are the best affirmations to use when you're creating a healthier, more energized, more confident YOU?

### Here are the affirmations I'm loving right now:

#### **Affirmation #1: This Is What a Fit, Strong Woman Looks Like**

This one is especially for those days when you don't *feel* strong, or you're tempted to compare yourself to someone else's before/after story.

Let's break the myth right now: being fit doesn't have *one* look.

You don't need a flat stomach, six-pack, or perfect leggings to be a strong, fit, powerful woman.

Say this in the mirror:

**“THIS is what a fit, strong woman looks like.”**

Point to yourself. Own it.

You are showing up. You are doing the work. And every rep, every healthy choice, every walk or workout counts.



### **Affirmation #2: I Nourish My Body Because I Love It, Not Because I Hate It**

This one is a *game changer* for emotional eaters or women who've spent years yo-yo dieting.

You're not punishing yourself. You're not "starting again" Monday.

You're learning how to fuel your body with love, energy, and respect, *not* shame or guilt.

Say this before you eat, or when you're tempted to slide into old patterns:

**"I nourish my body because I love it, not because I hate it."**

You're not failing. You're growing.

### **Affirmation #3: \*\*I Show Up As the Woman I'm Becoming**

This one is for your future self — the one you're becoming with each action you take today.

Not when you lose 10kg. Not when your clothes fit again.

But *now*.... **Today**.... with your feet on the floor, choosing movement, mindset, and meals that align with her.

Say it as a mantra:

**"I show up as the woman I'm becoming."**

Every workout. Every walk. Every healthy choice.

It's already happening.

## **BONUS: Try This Morning Ritual** 🌟

When you wake up tomorrow, take 2 minutes for YOU.

🌟 Hand on heart.

🌟 Deep breath in.

🌟 Choose one affirmation from above and say it out loud 3 times.

🌟 Visualise how you want to feel today — and take one small action that matches that vision.

**Consistency beats perfection. Every time.**

Start your mornings with belief.

End your days with pride.

You've got this 💪