Read this script to yourself at least two times a day throughout the 40 Days.

I am fearfully and wonderfully made.

I am God’s son/daughter, and he takes great joy in me.

I feel great! My mind is sharp and clear. I am physically fit and healthy. My energy level is high. My attitude is excellent.

I am aware of my own physical body and its importance to my total well-being. I always do what I need to do to keep myself in excellent shape and condition.

Good health comes naturally to me—but I never take good health for granted. I am healthy, I feel good, and I am proud of the amount of positive attention I give to keeping myself that way.

I really like being in good shape! I take care of myself and I keep myself fit.

I eat and drink only those things that are beneficial to my physical and mental health and well-being. I never eat or drink more than I should, or do anything that is harmful to me in any way.

I know the amount of food that is right for me, and I am proud of myself for eating right and thinking right.

Because I take care of myself at all times, I have an abundance of physical drive and stamina. My endurance is excellent, and I am full of life and energy.

I exercise each day—and I enjoy it! I look forward to the feeling of exhilaration and well being which exercise gives me.

I enjoy exercising. When I exercise I can feel myself getting stronger, healthier, and in top condition.

I really like the positive effects that exercising creates in my life. And that gives me even more motivation to exercise every day.

I weigh exactly what I should. Because I maintain a healthy balance of diet and exercise, maintaining proper weight is easy for me.

I always give myself the right amount of rest and relaxation. I get all the deep, restful, replenishing sleep that I need.

I know that how I look, what I weigh, and how I feel are entirely up to me, and I do everything I need to do, each day and each moment, to create the me God created me to be.

(Adapted from scripts by Shad Helmstetter, The Self-Talk Solution)
February-March 2016

January 30-February 5: Friend, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.
(3 John 2)

February 6-12: Cast all your worries onto Jesus, because he cares for you.
(1 Peter 5:7)

February 13-19: A cheerful heart is good medicine…
(Proverbs 17:22a)

February 20-26: You made my whole being; you formed me in my mother’s body. I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well. You saw my bones being formed as I took shape in my mother’s body. When I was put together there, you saw my body as it was formed.
(Psalm 139:13-16)

February 27-March 4: And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
(Philippians 4:8)

March 5-11: Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
(1 Thessalonians 5:16-18)

March 12-18: Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.
(Hebrews 12:1)

March 19-25: You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.
(Isaiah 26:3-4)