Healthy eating boosts your physical AND mental wellness.
Healthy eating is a form of Self-Care.

YOU ARE WORTH CARING FOR

Positive affirmations for meal-time:

- This food fuels me.
- I feel great when I take care of myself.
- I listen for when I'm satisfied and full.
- I can enjoy food without guilt.
- You can't pour from an empty glass; fill your cup with the nutrients you need.
YOU ARE STRONG AND FEARLESS
DON'T GIVE UP.
GREAT THINGS TAKE TIME.
HEY LITTLE FIGHTER, THINGS WILL GET BRIGHTER.

healthcorps.org
YOUR LIFE MATTERS AND YOU ARE LOVED
DONT WORRY ABOUT FAILURE, WORRY ABOUT WHAT WOULD HAPPEN IF YOU DON'T EVEN TRY
Life is tough, but you are tougher.
You are ENOUGH
BE THE ENERGY YOU WANT TO ATTRACT
POSITIVE MIND

POSITIVE VIBES

POSITIVE LIFE

healthcorps.org
DON'T GIVE UP.
NOT NOW.
NOT TOMORROW.
NOT EVER.
Every day may not be good, but there is good in every day.
IF YOU CAN
DREAM IT
YOU CAN
DO IT