



\*I am fearfully and wonderfully made.

\*I am a fighter, and I do not give up.

\*I have overcome by the Blood of The Lamb.

\*I am healthy in body, mind, and spirit.

\*This is between me and God, not me and the scale.

\*My body is a temple, and I honor God when I take care of it.

\*Every good decision is a victory.

\*The enemy has no power over me!