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Friends are like nuggets of gold. You search to find them in order to be blessed by their presence. They are special and deserve to be treated well. That is how I view the body that encases my soul.

A best friend deserves my kindness. Like a best friend, my body treats me well and takes care of whatever I ask it to do.

In return, I am kind to my body in more ways than one.

I feed my body with the best natural foods available. It glows when it receives proper nutrition. It also supports my daily activities because it is energized and renewed.

I feel good having a body that performs well.

Trust is a strong bond that I have with my best friend. It is also one that I have with my body. **It trusts me to treat it well and I trust it to take care of me.**

When the winter season comes along, I cover my skin with moisture to keep it from

drying out. Doing that saves me from the discomfort that comes with itchy, stinging skin. I am free from irritation because I treat my skin with care.

Today, I appreciate my body and acknowledge how it deserves my best treatment. I am thankful to have health and strength. I do what I am able to keep my body functioning at the highest level. **I smile from the inside out when my body and I are in sync.**

Self-Reflection Questions:

1. What is my daily regimen for taking care of my body?
2. What are some ways in which I am kind to my body?
3. What are some of the signals that my body sends when it is in need of something? Do I listen and give it what it needs?