

Habits and Subconscious Affirmations:

All habits in my life story are health-giving.

All my habits are favorable and beneficial.

All my habits support me in favorable ways.

Altering my behavior is as simple as changing my thoughts.

Daily, I am gaining more control over my past habits.

Every time I challenge a past habit, I feel a greater sense of control and self-regard.

Each day I'm developing new and positive habits.

I constantly do what is best for my body.

I constantly exercise discretion in all that I do.

I'm always adding favorable new rituals to my daily routine.

I'm altering my habits by altering my thoughts.

I am altering my life for the better.

I'm cleansing myself from all past habits.

I am totally committed to living a life free from bad habits.

I am ultimately free!

I am forever grateful to finally be free from damaging habits.

I'm free from the control of addictions.

I am in utter control of all the habits in my life.

I'm in control of each aspect of my life.

I am in control of my life.

I'm the master of my habits.

I control all my impulses.

I'm learning to override past habitual behaviors.

I am learning to take charge of my habits.

I am now free from all compulsions.

I'm strong enough to overpower any habit.

I am stronger than any dependency.

I'm stronger than any habit.

I am the master of my brain and body.

I'm very proud of my healthy life-style.