

Identity Statements- Someone You Are Or Who You Want To Become!

Choose from below what resonates, or create your own identity statements

Identity Statements for Physical Health

- I am a person who prioritizes my health every day.
- I am creating my best health, one decision at a time.
- I am becoming the healthiest version of myself.

Identity Statements about Consistency and Commitment

- I am someone who follows through on my commitments.
- I am consistent, even when it's not perfect.
- I am a person who takes action toward my health daily.

Identity Statements about Self-Worth and Self-Love

- I am someone who treats myself with care and respect.
- I am creating a life that supports my well-being.
- I am someone who values myself enough to take care of my body.