**Life:** Thefaculty of movement, vitality, wholeness, and creativity. The expression of the pure, eternal life of God within us. The ability to energize, vitalize, enliven, and make whole. The power of animation, vitality, and presence.

**What other ways can I affirm my physical being?**

Happy healthy heart

Enlightened eyes

Beautiful body

**How can I affirm life in abundance?**

Where I am putting conditions on my life? (I’ll be able to really live when \_\_\_\_\_\_\_\_\_\_\_\_)

How can I celebrate life today?

I AM Life. A label, diagnosis or condition is not the truth of who I am. I am vibrantly alive with God. Every cell of my body radiates Divine Love and Light. I AM Life.