Vibrant Healthy Self - Core Beliefs Checklist How true do these beliefs feel (emotionally at a gut level, not intellectually) on a scale of 1 to 10 (10 is true)?								
I love and accept myself.								
I am enough.								
I am likable.								
I am lovable.								
I am worthy.								
I am joyful.								
I am playful.								
I am creative.								
I am healthy.								
I am full of vitality.								
I am full of energy.								
I am authentic.								
I am genuine.								
I am sincere.								
I am intuitive.								
I am wise.								
I have a good mind.								
I have a strong body.								
I deserve love.								
I deserve good things.								
I know my truth.								
I speak my truth.								
I choose healthy relationships.								
I choose success.								
I choose prosperity.								
I choose abundance.								
I heal easily.								
I heal naturally.								
I radiate positive energy.								
I radiate enthusiastic energy.								
My heart is filled with love.								
My mind, body and spirit are								
in perfect balance.								
I have talent.								
I have skill.								
I have ability.								
My life is in perfect balance at								
all times.								
I am my best Vibrant Healthy								
Self!								