

MY *Trim Healthy Mama Creed*

{when it feels unfair}

This is *my body*. There are many like it, but this one is mine.

My body is the temple of the Holy Spirit. I must care for it diligently and treat it with respect.

Without a *healthy body*, I'm not as useful as I should be. My family depends on me, and my Creator expects me to fulfill His plan for my life.

My body knows that what I put in it affects how it performs. When I put garbage *my body*, it will not run well. I will not feel well. I will not be able to do what I need to do as well as I need to do it.

I will learn what is good for *my body* and what is not. I will learn its strengths and weaknesses. I will keep *my body* clean inside and out, so I am always ready for the task at hand.

I will not make excuses or feel sorry for myself because I am not seeing the results I want as quickly as some other body. This is *my body* and it does not work exactly like any other body.