

Inner Movement Chiropractic

Declarations For A Pain-Free Life

I acknowledge my pain stems from messages that my body is giving me. These messages are helping me to change, evolve and grow as a human. I know that I must connect and listen to my body to reclaim my power and begin the healing process. I accept that there will be times when I will need the help of others on my journey towards total wellness and welcome their assistance with gratitude.

***I** will overcome any fear that is present to embark on my healthy new path.*

***I** imagine myself living completely pain-free, with no aches, pains or stiff joints.*

***I** can do whatever I want, no matter how physically challenging.*

***I** envision myself being in the absolute best shape of my life, with no limitations.*

***I** can achieve every single goal that I set out to achieve.*

***I** choose freedom from pain and suffering.*

