

DAY 11: PHYSICAL HEALTH

- **Action Step:** Engage in physical activity today and choose a healthy meal.
- **Scripture:** 1 Corinthians 6:19-20 (KJV)-- "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."
- **Affirmation:** "I honor my body as a temple, nurturing it with what it needs to thrive."



BETTER
LIFE