

## WEIGHT LOSS AFFIRMATIONS

### How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

### Affirmations:

- I weigh \_\_\_\_\_ pounds/kg.
- Every day in every way I am approaching my ideal weight.
- I love being physically fit and I lose enough weight so that I am at my ideal weight.
- My metabolism rate is at its optimum and it helps me in reaching my ideal weight.
- I love eating healthy food and it helps me reach my ideal weight.
- I love exercising daily and it helps me reach my ideal weight.
- I am a physically active person and that helps me reach my ideal weight.
- Every day in every way I am getting slimmer and fitter.
- I properly chew all the food that I eat so that it gets digested properly and that helps me in reaching my ideal weight.
- I breathe deeply every time so that my metabolism is at its perfect rate.
- I love myself unconditionally.
- Life is beautiful and I enjoy life by staying fit and maintaining my ideal weight.
- Every physical movement that I make burns the extra fat in my body and helps me to maintain my ideal body weight.
- Every cell in my body is healthy and fit and so am I.
- I easily control my weight through a combination of healthy eating and exercising.

