

Some Suggestions for Weight Loss Affirmations



1. I don't need to be perfect to be loved
2. I love and accept all parts of me
3. Too much food is damaging for me
4. I no longer abuse myself with food
5. If I get off track with my food plan, I just get back on track ASAP
6. When I eat healthy foods I have higher energy, and higher moods
7. I'm becoming Healthy, Healed and Whole
8. I need a healthy body to live
9. I express my feelings in healthy ways now
10. I'm willing to forgive myself
11. I always pay attention to what my body is telling me

You can write one affirmation on an index card then bring it to your meals, breathe in 4 out 8 to relax. Then read the card before and during your meal.

OR

Put the card in your car, by your computer, in your wallet, by the kitchen sink, etc. Put it next to you and say it to yourself several times a day.