



Weight Loss Success Starts with Your Mind...Not Your Mouth™

Affirmations Worksheet

Use this worksheet for positive affirmations to aid in your weight loss success. Repeat them often throughout the day. Choose specific ones that feel best for you, or use them all and add your own. Say them or write them over and over. Say them while looking into a mirror, or with your hand over your heart...say them out loud or to yourself. Whenever you hear a negative message counter it with at least two positive ones!

- I deserve a healthy, energetic, slender body
- I desire healthy foods.
- I love myself and take care of my body.
- I make healthy food choices easily.
- I move my body effortlessly throughout the day.
- I exercise joyfully on a regular basis.
- I am open to the possibility that I can achieve my ideal body weight.
- I have perfect health.
- My body burns fat efficiently.
- I am aware of what I eat.
- I choose foods that fuel my body.
- In every moment I love myself where I am and I have the potential to be even better.
- I love myself just the way I am.
- I love you _____ (insert your name), I really love you.
- I am willing to change.
- I am willing and able to change.
- My body aligns with its perfect and natural health.
- I have a healthy, slender, energetic body.
- My body craves foods that nourish it.
- My body sheds excess fat easily and effortlessly.
