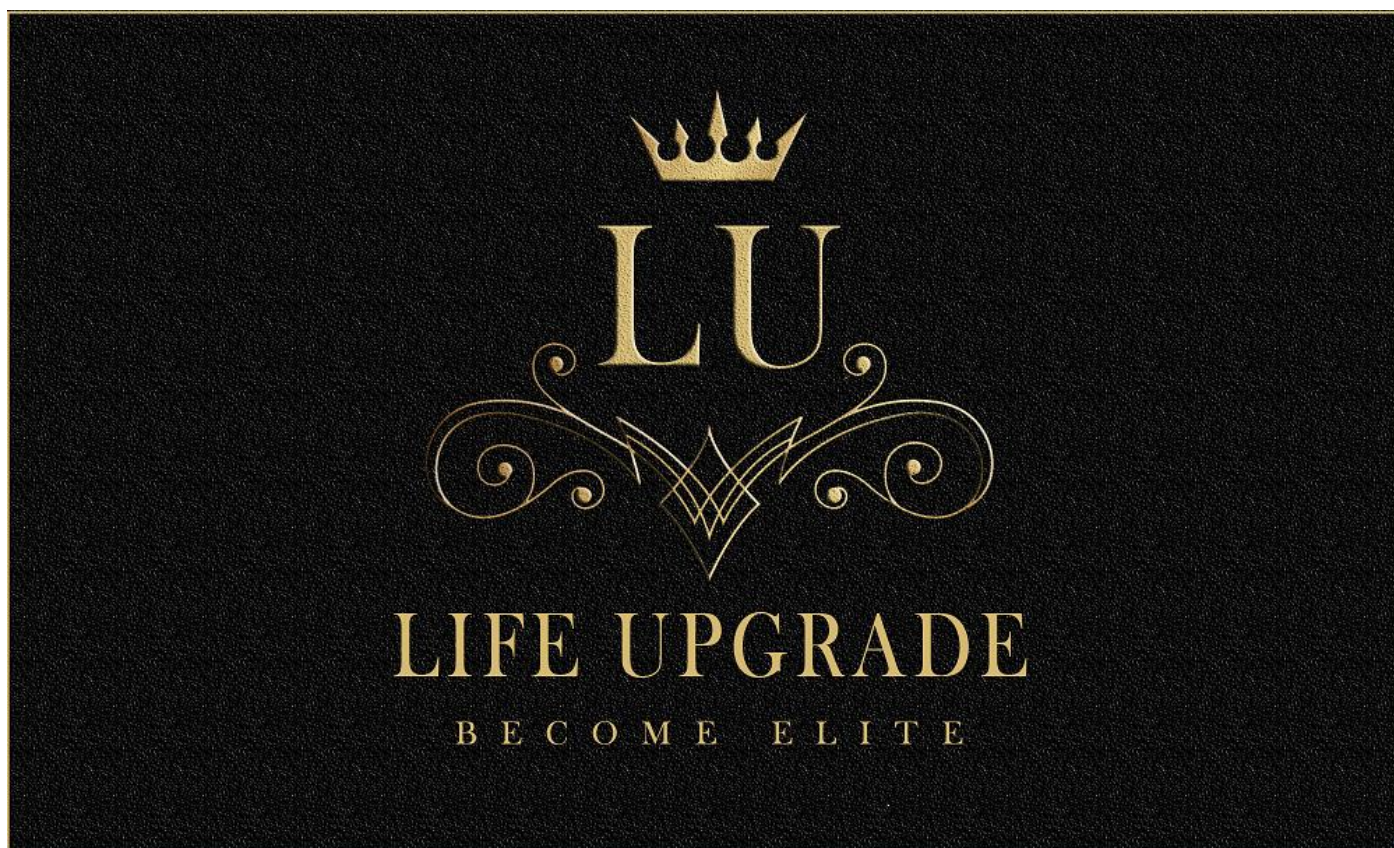




MIND TRAINING

Affirmation Scripts



GOAL WEIGHT - AFFIRMATION SCRIPT

- Every day I am getting closer to my goal weight
- Every day You are getting closer to your goal weight
- Exercise helps me maintain my goal weight.
- Exercise helps you maintain your goal weight.
- Getting closer to my goal weight motivates me
- Getting closer to your goal weight motivates you
- Healthy foods are important to me
- Healthy foods are important to me
- I always maintain proper portion control
- I always stop eating when I start to feel full.
- I choose to be the right weight now
- I choose to drink plenty of water
- I choose to eat smaller portions
- I choose to have healthy eating habits.
- I choose to only eat healthy food
- I eat just enough healthy food to reach and maintain my goal weight
- I eat only what my body needs
- I enjoy feeling slim and trim
- I exercise to help my body shed excess weight
- I feel excited every time I reject junk food
- I feel fine leaving food on my plate when I have eaten enough
- I feel proud for making healthy choices
- I find healthy food tasty and enjoyable
- I find healthy ways to make myself feel good
- I find healthy ways to manage my emotions
- Making healthy choices makes you feel good
- I give myself permission to be a healthy weight
- I give myself permission to let go of excess weight
- I love being at my goal weight
- I love being in control of my eating
- I love drinking water
- I love permanently shedding excess weight
- I notice the positive changes in my body
- I overcome temptation with ease
- I reject overeating
- I respect my body
- I respect myself for making healthy choices
- I shed excess weight at a sustainable rate
- It is easy to exercise my control
- It is easy to exercise your control
- It's easy to eat the right amount.
- It's easy to eat the right amount.
- It's easy to make the healthy choices
- It's easy to make the healthy choices
- It's okay to leave food on my plate
- It's okay to leave food on your plate
- It's okay to reach my goal weight now
- It's okay to reach your goal weight now
- Making healthy choices makes you feel empowered
- Making healthy choices makes you feel empowered
- Making healthy choices makes you feel good
- You enjoy feeling slim and trim



- My new eating habits set a good example to others
- Rejecting junk food gives you a rush
- Rejecting junk food gives you a rush
- Smaller meals completely satisfy me
- Smaller meals completely satisfy you
- The positive changes in your body motivate you
- The positive changes in your body motivate you
- You always maintain proper portion control
- You always stop eating when You start to feel full.
- You are content with smaller portions
- You are content with smaller portions
- You are in control of my eating
- You are in control of your eating
- You are proud of the changes You are making.
- You are proud of the changes You are making.
- You are proud of your discipline
- You are proud of your discipline
- You choose to be the right weight now
- You choose to drink plenty of water
- You choose to eat smaller portions
- You choose to have healthy eating habits.
- You choose to only eat healthy food
- You eat only what your body needs
- You eat just enough healthy food to reach & maintain your goal weight
- You exercise to help your body shed excess weight
- You feel excited every time You reject junk food
- You feel fine leaving food on your plate when You have eaten enough
- You feel proud for making healthy choices
- You find healthy food tasty and enjoyable
- You find healthy ways to make yourself feel good
- You find healthy ways to manage your emotions
- You give yourself permission to be a healthy weight
- You give yourself permission to let go of excess weight
- You love being at your goal weight
- You love being in control of your eating
- You love drinking water
- You love permanently shedding excess weight
- You notice the positive changes in your body
- You only eat when your body needs you to provide nutrition
- you only eat when your body needs you to provide nutrition
- You overcome temptation with ease
- You reject overeating
- You respect your body
- You respect yourself for making healthy choices
- You shed excess weight at a sustainable rate
- your healthy diet keeps you happy
- Your healthy diet keeps you happy
- your new eating habits set a good example to others