

# AFFIRMATIONS

## THE POWER OF POSITIVITY FOR WEIGHT-LOSS

**Affirmations:** a statement about ourselves or our situation that's phrased in the present tense as if the self-focused declaration is already true.

While we think our actions create our results, it's really the thoughts we manage and create that lead us feeling a certain way, priming us to make certain choices and actions, therefore our results.

I am taking care of myself.

I am so happy and grateful I weigh \_\_\_\_\_.

I feel hunger without fear, in fact, I appreciate it.



I eat just enough, without overeating.

I am proving my ability to change my habits and adopt new ones.

## OUR THOUGHTS CREATE OUR RESULTS.

## HOW TO USE AFFIRMATIONS

Say them daily, aloud, for a larger impact. Repeat them 1-5x a day, and put them in your calendar, like a post-it on your mirror, in your pantry, on your desk and computer, and say the chosen affirmation with belief.

Our brain doesn't know reality. It knows what our thoughts tell it, and an affirmation is an easy way to "fake it until I make it," progressing to the results you want