

Think Positively

with Weight Loss Affirmations

Getting your mind in the right 'head space' is key to losing weight. Therefore, developing the right mindset starts with affirmations. Here are 10 weight loss affirmations – choose one, say it daily, and make it yours.

- 1 I am eating to nourish and strengthen my mind.
- 2 I am not perfect, I accept my mistakes, and learn from them.
- 3 I believe in myself and my ability to succeed.
- 4 I am not afraid to say "no" when I need to.
- 5 I love the feeling physical activity gives me.
- 6 I choose to be positive and let go of all negative thoughts and feelings.
- 7 I only eat when I feel hungry.
- 8 I adore the taste of healthy food.
- 9 I will portion my meals and stay on track.
- 10 I love and care for my body.

Affirmations work based on your emotional attachment to it, and the credibility you give it. Let's dispel all negative thoughts and replace them with positive thinking.

Describe your negative thoughts. What are you struggling with? (Ex. Fear, lack of self-confidence, lack of discipline).

What would you would say to yourself if you overcame the struggles that you listed above?

Use emotive words to describe positive emotions, so your body can feel these emotions whenever negative thoughts arise.

I am NOT (Ex. afraid, insecure, negative)

I am (Ex. confident, disciplined, deserving)

Develop positive action steps from the exercise above, and repeat these affirmations every day.

I will (Ex. eat healthy)

I will (Ex. control how much I eat)

I will (Ex. accept my mistakes and learn from them)
