WEIGHT LOSS AFFIRMATION CARDS

WORDS HAVE GREAT **POWER!**

I AFFIRM

Change your thinking,
change your life!

**Your thoughts create
your reality.**

Practice positive thinking.

Act the way you want to be,
and soon you will be
the way you act.

LES BROWN

AFFIRMATION TIPS

Train your positive thinking everyday.

Make a habit of repeating the following affirmations over and over again.

Repeat it to yourself gently and with love.

Speak it, write it, draw it, sing it.

Whatever you like. Choose the best way for you to repeat it.

Practice it in front of the mirror as well it's a great way to achieve positive effects faster.

Each day choose only one affirmation

And repeat it all day long.

Post the affirmation card in the most visible place for you (in your house workplace or car).

LET'S DO IT!

IN AM IN THE PROCESS OF POSITIVE CHANGE

I BELIEVE
IN MYSELF

I HAVE THE POWER
TO CHANGE MY LIFE FOR THE BETTER

I AM READY TO

ENJOY

A HEALTHY &

ATTRACTIVE BODY

I DESERVE TO BE

SLIM & FIT

I TREAT
MY BODY
AS A GOOD
FRIEND

I TREAT MYSELF
GENTLY
AND WITH
KINDNESS

I AM

PATIENT

WITH MY BODY

& MY MIND

I MAKE
HEALTHY
CHOICES

I LOVE &
RESPECT
MY BODY

THE ONLY
PERSON WHO
HAS CONTROL
OVER MY EATING HABITS
IS ME!

I AM IN CONTROL
OF WHAT I
EAT & DRINK

I ENJOY THE
FOODS
THAT ARE
BEST
FOR MY BODY

I DRINK PLENTY OF WATER THAT CLEANSES MY BODY & MIND

I REALLY
ENJOY
MOVING
MY BODY

I AM SO
PROUD
OF MYSELF
FOR CHOOSING
A HEALTHIER
LIFESTYLE

I AM

STRONGER

THAN ANY

EXCUSE

I SAY YES TO LIFE

I SEE

MY BODY

AS AN

AMAZING

MIRACLE

THERE IS

ALWAYS ENOUGH TIME

IN THE DAY TO

LOOK AFTER

MYSELF

MY BODY
APPRECIATES
HOW I
TAKE CARE
OF IT

LOSING
WEIGHT COMES
EASILY &
NATURALLY
TO ME

MY BODY
IS GETTING
SLIMMER,
STRONGER &
HEALTHIER
EVERY DAY

THE

SLIM ME

IS

JOYFULLY

EMERGING

POSITIVE MIND

POSITIVE VIBES

POSITIVE LIFE

SENDING YOU

GOOD LUCK

VIBES