

A collection of fitness and health items including dumbbells, a measuring tape, and fruit. The background is a soft, light pink color. In the center, there is a red circular sticker with a white scalloped border containing the word "FREE" in white capital letters. Below the sticker, the text "affirmations for" is written in a black, typewriter-style font. The words "WEIGHT" and "LOSS" are written in large, bold, black capital letters, with "WEIGHT" on the top line and "LOSS" on the bottom line. The background features several dumbbells in shades of pink and teal, a white measuring tape with blue markings, and some fresh fruit including a green pear and a red apple.

**FREE**

affirmations for

**WEIGHT  
LOSS**

# CHANGE YOUR LIFE INSTANTLY WITH THIS SIMPLE WEIGHT LOSS TECHNIQUE

## Affirmations are the secret to losing weight and keeping it off after 50!

Using positive affirmations for weight loss as part of your weight loss program, helps **boost your motivation and self-confidence**. I believe it is the secret weapon to losing weight and keeping it off!

Our **thoughts have the power to shape our lives** – they shape our beliefs and intentions as well as our habits, actions and behaviors. When your goal is to get healthier and more fit by losing weight and keeping it off, starting with your thoughts can give you a huge advantage.

If there are subconscious beliefs blocking your progress, affirmations help to neutralize and change them.

**The key to using affirmations effectively is consistency**. Say them at least once a day for at least 3 weeks, preferably out loud, and with some feeling. You might want to try saying them in front of a mirror or writing a couple out and putting them in places around your home.

Using positive affirmations is like starting a new exercise program and having to build new muscle or training for a marathon. It takes some time, effort, and consistency, but affirmations will begin to alter your beliefs, change your way of thinking, and quiet that small, critical voice. Through affirmations, you can practice new ways of thinking & believing and ultimately transform yourself, your habits, and your well-being.

## CONNECT WITH ME!



# AFFIRMATIONS

I like creating healthy habits that I will use throughout my life.

By releasing weight now, my body and my health will benefit later.

When I eat healthy food, I feel fit and energized.

I am creating a healthy lifestyle based on nutritious foods and healthy habits.

I'm making the right choices with my health in mind.

I deserve to be happy and healthy, and losing weight is one way to get there.

I will create a balanced body weight that fits my healthy new lifestyle.

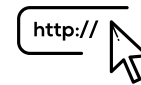
I am completely safe and comfortable with my changing body.

I am living a healthy life.

Making small changes is becoming easier. I enjoy the feeling of well-being these changes are giving me.

I believe in myself and my ability to succeed. I have hope and certainty about the future.

**CONNECT WITH ME!**



# AFFIRMATIONS

I've got this!

Being active fuels my body.

I love the feeling I have after exercising.

Exercise has become a part of my daily routine.

I exercise to enjoy a strong, toned body. I love the feeling exercise gives me.

I take time to think before giving into cravings.

I choose to eat food that's good for my body.

I enjoy eating fruit and vegetables.

When I eat healthy food, I feel fit and energized.

The food I choose to eat nourishes my body.

I eat slowly to give my body time.

I chew my food properly to help the digestion process.

**CONNECT WITH ME!**



# AFFIRMATIONS

My body craves whole foods and healthy foods.

Exercise has become a part of my daily routine.

As I become leaner and leaner, my energy increases. I feel stronger and more vital.

I'll become healthier as my body becomes leaner. I will feel more confident.

I deserve to feel good and look good.

Food is nourishment and fuel for my body.

I put in the right kind of fuel and food so that my body looks and feels good.

I like creating healthy habits that I will use throughout my life.

I am melting away fat as I modify what I eat.

My skin is radiant and glows from eating healthy.

I feel fantastic in my skin.

I feel healthy – I eat, feel, and think in healthy ways.

**CONNECT WITH ME!**

