



# Affirmations for Radical Success

## ***Weight Loss affirmations***

- I achieve my weight loss goals
- Losing weight comes naturally to me
- I choose nourishing, healthy foods
- I think before eating
- I drink lots of water
- Losing weight is fun
- Healthy foods taste better
- I am motivated by both successes and failures
- I accept and love my body as it is, and work to make it better
- I love challenges and embrace them
- I lose weight systematically and I keep it off permanently
- I am losing weight
- I exercise because it makes me feel good
- I respect my body and treat it with respect
- I do everything I need to do to achieve my healthy weight
- I am encouraged by every success
- I am motivated by every shortfall
- Losing weight and I are one
- I dissolve all blocks to reaching a healthy weight
- I forgive myself
- I learn from my mistakes
- I fill all physical appetites in physically healthy ways
- I am aware of my eating habits and how they affect my weight
- I am willing to change my eating habits and I do so easily
- I build lean muscle and I lose fat
- I enjoy the process of reaching a healthy weight
- I see myself at my healthy weight and I achieve it
- I have non-stop daily determination to reach my healthy weight
- I like long walks
- It is easy for me to stay on my plan to obtain my healthy weight
- I picture myself at my perfect weight
- I have a positive attitude about what I eat, how I eat, and when I eat
- My body burns fat like a furnace
- Developing healthy eating habits becomes easier each day
- I stay on a healthy eating plan and maintain my healthy weight easily
- Each day, I automatically and successfully get healthier and healthier

