

# Daily Affirmations

## Weight Loss/Weight Management



**Read this script to yourself at least two times a day throughout the next 40 Days.**

I am fearfully and wonderfully made.

I am God's son/daughter, and he takes great joy in me.

I feel great! My mind is sharp and clear. I am physically fit and healthy. My energy level is high.

My attitude is excellent.

I am aware of my own physical body and its importance to my total well-being.

I always do what I need to do to keep myself in excellent shape and condition.

Good health comes naturally to me—but I never take good health for granted. I am healthy, I feel good, and I am proud of the amount of positive attention I give to keeping myself that way.

I really like being in good shape! I take care of myself, and I keep myself fit.

I eat and drink only those things that are beneficial to my physical and mental health and well-being.

I never eat or drink more than I should, or do anything that is harmful to me in any way.

I know the amount of food that is right for me, and I am proud of myself for eating right and thinking right.

Because I take care of myself at all times, I have an abundance of physical drive and stamina. My endurance is excellent, and I am full of life and energy.

I exercise each day—and I enjoy it! I look forward to the feeling of exhilaration and well being which exercise gives me.

I enjoy exercising. When I exercise I can feel myself getting stronger, healthier, and in top condition.

I really like the positive effects that exercising creates in my life. And that gives me even more motivation to exercise every day.

I weigh exactly what I should. Because I maintain a healthy balance of diet and exercise, maintaining proper weight is easy for me.

I always give myself the right amount of rest and relaxation. I get all the deep, restful, replenishing sleep that I need.

I know that how I look, what I weigh, and how I feel are entirely up to me, and I do everything I need to do, each day and each moment, to create the me God created me to be.

(Adapted from scripts by Shad Helmstetter, *The Self-Talk Solution*)