

52 Weight Loss Affirmations

1. I am active and full of energy.
2. My life is more interesting than my next meal.
3. Unhealthy foods don't appeal to me. My body craves healthy, whole, real food!
4. Snacking and eating between meals does not serve me or my goals.
5. I pause and evaluate before I give into cravings.
6. Today I choose healing and nourishing my body.
7. I am aligned with my higher self.
8. I'm an athlete, capable of incredible discipline.
9. I value self control and self mastery over giving into indulgence and temporary impulses.
10. I recognize what has not been working for me in the past, and I have courage to change.
11. I've conquered my impulsive nature, and choose food with intention and integrity.
12. I wake up each day with a clear determination to reach my ideal weight.
13. Each time I resist temptation, I strengthen my own self mastery.
14. I don't compare myself to others. I'm on my own journey.
15. I am strong enough to withstand the bumps and bruises of life.
16. I am fit, healthy, and bursting with energy.
17. I allow my journey to be unique to me.
18. Maintaining my ideal weight is easy.
19. I eat well, listen well, and live well.
20. I acknowledge that my thoughts are just thoughts. They are not real.
21. I can be present. I only do one thing at a time.
22. I turn everyday tasks into mindful moments.
23. I challenge existing beliefs.
24. I make peace with the past.
25. I get outdoors and embrace the beauty of nature.
26. I enjoy every bite when I eat.
27. My health, vitality, and energy increase with every breath I take.
28. I think before I eat..
29. Every cell in my body gets nourished by what I choose to put in my mouth.
30. There is new hope in every day.
31. My will to live is stronger than my craving.
32. I find confidence in feeling healthy, vibrant and strong.
33. I enjoy moving my body and feeling my heart pumping.
34. I think before I eat impulsively.
35. My healthy habits are a part of my life that I enjoy.
36. I realize thoughts are just thoughts and they can be changed.
37. I have an inner determination beyond food, weight, and the scale.
38. Today, I choose healing and nourishing my body, mind, and spirit.
39. I am creating a life of abundance.
40. My purpose-filled life allows me to enjoy every moment.
41. I am moving forward each day.
42. I crave vegetables and whole foods to feel invigorated.
43. I properly chew all the food that I eat so it gets digested properly and this helps me reach my ideal weight.
44. My metabolism is running optimally, helping me achieve my desired weight.
45. I let go of the guilt I have around food.
46. I breathe in relaxation and breathe out stress.
47. My journey is unique and I do not compare myself to other people who are also losing weight.
48. I drink an abundance of water as it stokes my metabolism and mood.
49. My food choices are consistent with my desire to be my optimal weight.
50. I am willing to learn new things each day.
51. I crave mindfulness each day.
52. I am on a lifelong path of wellness. Each day I recommit to being my best self.