

## **Weight Loss Coaching - Step 6**

### **Welcome to Step 6.**

The topic for Step 6 is:

- Positive affirmations

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## Weight Loss Coaching - Step 6

### Positive Affirmations

Positive affirmations are not new, but they are very powerful and all of us can benefit from introducing them into our lives.

Positive affirmations are short assertions which express something you want to be or do. When you regularly read, think of, or recite these affirmations, they become ingrained into your thinking and become an automatic part of your life.

When can you use affirmations? Any time you want to! There is no right or wrong way to use affirmations, and no set amount of time that you must devote to them.

After you have read through all of the positive affirmations listed below, you may wish to pick out four or five affirmations that resonate for you now. You may want to write them down over and over again, or print them and stick them up in a prominent position where you will be reminded of them each day. You may recite them to yourself as you go through the morning routine of showering, getting dressed, preparing breakfast etc., or use them during other routine tasks such as cleaning the house, mowing the lawn or riding an exercise bike. Or you might like to put aside a specific time every day to devote to yourself and using your affirmations. Once those initial affirmations have become part of your life, pick out another four or five affirmations to focus on.

Another way to benefit from these affirmations is to ask the question, "What do I need to know today?" Then open these reading notes or your workbook for Step 6 and allow your intuition, your guides or the Universe to lead you to the page, and to the affirmation that you need for today. Think about that particular affirmation, what it means to you and what you can learn from it, then carry that thought with you throughout the rest of the day.

You may also like to create some affirmations of your own, that are particularly relevant to your situation.

All of the affirmations below are also listed in your workbook. You can then use the word document to cut and paste the affirmations you are going to begin working with, or highlight the ones that feel most appropriate for you, or rearrange the order they are listed in, or work with them in any other way that feels right for you.

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I have faith in myself.

I am excited about my life.

I succeed easily and effortlessly.

I set clearly defined goals for myself.

I am achieving all of my goals.

I like myself.

I realise that what my mind can conceive, my mind can achieve.

My body knows what I need.

I am motivated to do what I must do to reach and maintain my healthiest ideal body weight.

When I am angry I talk to someone about it rather than eat.

I am calm, relaxed and patient.

I am important.

When I am depressed I go walking or swimming rather than eat.

As my new self-image becomes more real in my mind, it becomes more real in my body.

I appreciate myself more and more each day.

I am a confident and powerful person.

I stand tall in my new found power.

I stand with my shoulders back and my head held high.

I love me - all of me - all the time.

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When I am lonely I call a friend and talk to them rather than eat.

I am successful in all that I do.

I have the abilities to continue being successful throughout my life.

Daily exercise energizes me.

When I am under stress I breathe deeply and calmly.

I am now taking time to taste the flavour of the foods that I eat.

I am a worthwhile person.

I am full of love.

When I succeed I congratulate myself. When I make a mistake, I forgive myself.

When I am full I put down my knife and fork and clear the table.

I am eager to face each new day.

I claim and attain empowerment.

I allow my desire to become my reality.

I am capable of completing everything that I choose to begin.

I eat just enough to stay healthy, active and feeling great.

I am positive about my appearance.

I can weigh less and still be strong.

Positive people are drawn to me.

I am totally satisfied with the wise choices I make regarding the foods I eat.

I am filled with wonder and gratitude.

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I can be safe without my fat armour.

It's ok to just be me.

I am in control of my life.

I am fit and healthy

I am confident.

I trust my body.

I give myself permission to be happy.

I love myself enough to take care of myself.

My clear sense of purpose and direction gives me a renewed energy to face each day.

I desire to be at my healthiest, most ideal weight because I am worth it.

By eating slowly, I am satisfied with appropriate amounts of the right foods.

I respect and admire myself.

I am pleasantly satisfied from meal to meal.

I answer only to myself.

I make wise choices about my health and eating habits.

I am worthy.

I love my power of choice.

Every wise choice I make increases my motivation and confidence.

I choose to take time out to nurture my mind, body and spirit.

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With each passing day, my new slim, healthy, image becomes more and more real.

I make conscious choices.

I enjoy eating the right amounts of those foods that help me reach and maintain my healthiest, ideal body weight.

My life is all that I want it to be.

My body has no need for additional fat right now.

I am responsible for making my own wise choices.

My body is now ready to use this fat that I have stored up.

I feel the way I want to feel - strong, energetic and vigorous.

I know what I want and where I am going.

I have great inner strength.

My body has no need for high fat foods right now.

I am valuable just as I am.

I always think, act and move in my new self-image.

My tastes correspond to the real needs of my body.

My growing confidence brings me great joy and peace.

I am now finding a new pleasure in eating the foods that my body needs.

I eat slowly.

I take small bites and I relish each bite as I chew it.

I am on a journey to attain my goal weight and I realise that every step I take is important.

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I deserve the very best that life has to offer.

I am rediscovering the subtle and enjoyable differences between foods.

Everyday I give thanks for the beauty that surrounds me.

I am open to giving and receiving love.

I enjoy the taste of those foods which give me the nutrients and energy I need.

I am more calm, more in control and more confident, with every passing moment.

I desire to be strong, vigorous and healthy and that desire is so great that it easily controls my appetite.

I am feeling stronger and healthier.

I value myself.

I automatically eat only the foods that my body needs, in the quantities that my body needs.

In my daily activities, I am consuming the reserves of fat that have been stored in my body.

I am grateful for the many wonderful blessings in my life.

A feeling of harmony and contentment flows through my whole body.

My figure is becoming more suited to my height and my bone structure.

I enjoy the power of each new day.

I take on the challenge of every new situation, in a positive, confident, self-assured manner.

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I am eating only the food that my body needs.

I have complete faith and belief in myself and all that I am capable of.

My energy levels and stamina are increasing every day.

I am what I choose to be.

I am resourceful and motivated.

I am comfortable with who I am.

I am awesome.

I move ahead with confidence knowing I can and will succeed.

I am a winner.

I take each step in a positive, enthusiastic manner.

I am in control.

I am happy being in control.

I feel confident being in control.

I feel good about myself.

With every deep cleansing breath I take, I become more in-tuned with what I need physically, mentally, emotionally and spiritually.

I face each day with a deep regard for myself.

I recognise the fact I am an important and valuable person.

I am proud of me.

I have great inner power.

I enjoy a wonderful sense of fulfilment at the end of each day.

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I am a calm, kind and intelligent person.

Day-by-day in every single way, I am getting better and better.

Each day I become more motivated and interested in everything around me.

I expect wonderful things to happen every day - and they do.

I love myself completely and unconditionally for that is what I truly need and deserve.

I am a unique and precious human being, always doing the best I can.

I have a deep and sincere respect for myself and for my personal worth.

I know I can accomplish absolutely anything that I put my mind to.

My food choices provide me with the vitamins and nutrients that I need.

I am filled with a profound sense of love and joy.

I am successful.

I deserve to be happy.

I am self-assured, content and confident.

I enjoy moving my body.

I am making wonderful changes to my lifestyle.

I have more energy than ever before.

I am glad to be me.

I feel great.

I take responsibility for my actions.

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I am highly motivated.

I deserve to be successful.

I have many special talents and gifts.

Success and happiness are my birthright.

A feeling of confidence spreads through every cell in my body.

I am aware of a growing peaceful feeling inside me.

I am relaxed and confident.

I am unique and beautiful.

I desire those foods needed by my body to achieve optimum health.

When I look in the mirror I see a confident and capable person.

I understand that water cleanses and nourishes my body.

I am happy and healthy and enjoy an abundance of love.

My time management skills are improving every day.

I am confident, capable and determined.

I love myself.

I am now leading a healthier lifestyle.

I have so much respect for myself that it is easy to change my old behaviours.

I am excited to be establishing new and healthier eating habits.

I enjoy eating foods that provide my body with a balance of vitamins and minerals.

I enjoy the wonderful possibilities that each day brings.

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Day by day I find it easier to recognise the times when I eat for reasons other than hunger.

I value my health and wellbeing.

I happily and willingly embrace these life-changing steps.

Any time I feel rejected or frustrated, I take three deep breaths and the tension leaves my mind and body.

I am a valuable, loving person.

I acknowledge the truth about myself and my actions.

I no longer make excuses.

I am responsible for my own destiny.

I move through the day with ease and comfort, knowing my needs are provided for.

Good health, prosperity, abundance, love and peace are mine.

I am intuitively aware of what is right for me.

I am proud of myself for taking control of my lifestyle.

I experience happiness and joy every day.

I love being confident, powerful, and being in the moment.

I continue to gain slimness, in a steady constant manner.

I have more energy than ever before.

I can exercise more than I have ever done before.

I enjoy preparing healthy meals for myself and my family.

Each day I see the wonderful benefits exercise brings to my health and wellbeing.

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I achieve everything I set out to achieve.

I am brave.

I believe in myself.

Daily exercise increases my metabolism.

I am learning new coping skills everyday.

I no longer allow others to effect how I feel about myself.

I am always growing in wisdom and love.

I determine my self worth.

I feel healthier than I have in years.

I know who I am and what I believe.

I am now eating the foods that my body needs.

My weight does not define me.

## **Weight Loss Coaching - Step 6**

### **What's Next?**

Coming up in Step 7 we will look at:

- Eating hints and food choices
- Reading food labels
- Food additives
- Commonly used terms and what they really mean

Have a terrific week, have fun working with these affirmations and remember to focus on your new self-image – which you are well on your way to becoming.