

Discover Your Weight Loss Blockers

Positive affirmations work very well for planting the seeds of success in your mind – unless you don't believe them! To identify conflicts between your conscious mind (the "thinking" mind) and your subconscious mind (where your beliefs are stored), rate the following statements on a scale of 0-10. A zero means "strongly don't believe" and a ten means "I believe this to be very true".

The statements that you don't believe are likely limiting beliefs that are blocking you from reaching your goals. EFT tapping, visualization, meditation and other mind-body energy modalities can help you resolve these so that they truly resonate with you.

I joyfully choose foods that nurture my body for its highest and best good.	
I am attracted to foods that optimize my health.	
My body digests the foods I eat for my highest and best good.	
I am getting healthier every day.	
I am getting slimmer and trimmer every day.	
I love joyfully moving my body.	
I love my body.	
I love how strong my body is.	
It is safe for me to be trim and toned.	
I love using my words and my voice to be in my own power.	
I am smart.	
I love the reflection of me that I see in the mirror.	
I believe that I am worthy of a healthy, trim/lean/thin body.	
My metabolism is great.	
I am comfortable being visible in the world.	
I appreciate myself.	
I am good enough.	
I am great.	
I deserve to be happy.	
I am worthy of being loved.	

I deserve a life filled with joy.	
I am fun.	
It is safe for me to say what I need.	
I am important and my feelings are valid.	
I am enough.	
I am a beautiful person.	
I love and accept myself just as I am right now and I am eager for positive changes that are coming.	