

What to Say When You Talk to Yourself

POSITIVE SELF-TALK FOR WEIGHT LOSS

I am in control of myself in every way - at all times and in all situations.

Each time I sit down to eat, I reaffirm my determination to achieve my goal. By eating right, and never giving in, I am reaching the weight I want.

Whether eating in or eating out, I really enjoy eating less.

I never feel the need to finish the food in front of me. I eat only what I should and never one bite more.

One way to weight-loss that's easy and works, is less food on my plate, and less on my fork!

By ordering less when I eat out, and by serving myself smaller portions at home, I keep myself aware of the importance of staying with my goal each and every day. "Less on my plate means less on my waist."

When I sit down to eat, at no time do I allow anyone else to influence, tempt, or discourage me in any negative way.

What I eat, and the goals I reach, are up to me. And I give no one the right to hinder or control my success.

Although others may benefit from my success, I am achieving my weight-loss goals for my own personal reasons-for myself, my life, my future, and my own personal well-being.

I am never, at any time, tempted to take one bite more than I should. I am strong, I am capable of reaching my goal, and I am doing it!

Being in situations that put a lot of food in front of me is not a problem to me now. I simply say "No!" to the food and "Yes!" to my success.

I enjoy sitting down to eat. Each time I do, I conquer my past, and I create a trimmer, happier, more self-confident future in front of me.

When I sit down to eat, I do not need someone else to remind me of my goal, or to keep me from eating something I should not. I take full responsibility for myself, and no one else has to do it for me.

Controlling my weight, and my appetite, is easy for me now. I order smaller portions, smaller bites, and a slower, healthier, more relaxed way of eating.

I have set my goal and I am staying with it. I have turned mealtime into "achievement time."

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for complete instructions on how to use this self-talk script.