



AFFIRMATIONS  
FOR  
BODY LOVE  
&  
WEIGHT LOSS

**MAYBE I WILL**

POSITIVE / FIT / HEALTHY



## WHY AFFIRMATIONS?

Affirmations when you first starting doing them will feel slightly ridiculous! Saying these things out loud to yourself with feeling is going to make you feel like a crazy person... Trust me I've been there!

With that being said when I first starting doing them I began to become more confident, day by day they became more than just words  
I repeated daily - they became my truth!

Each day I began to believe more and more what I was telling myself!

Watch your thoughts for they become words,  
watch your words for they become actions,  
watch your actions, for they become habits,  
watch your habits for they become your character,  
watch your character for it becomes your destiny.  
—Ralph Waldo Emerson

We are the single most influential person in our own lives... If we are repeating to ourselves day after day I am fat, I look like crap, I'm hideous than our mind and body accept that as our truth!  
Break the habit! STOP being so mean to yourself!

Would you ever in a million years treat someone the way you treat yourself?  
Of course not!

I want you to become your biggest cheerleader! I want you to constantly be feeding your thoughts with positivity and LOVE! You deserve to love yourself!



## Our Greatest Fear

It is our light not our darkness that most frightens us  
Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light not our darkness that most frightens us.  
We ask ourselves, who am I to be brilliant, gorgeous,  
talented and fabulous?

Actually, who are you not to be?  
You are a child of God.  
Your playing small does not serve the world.  
There's nothing enlightened about shrinking so that other  
people won't feel insecure around you.

We were born to make manifest the glory of  
God that is within us.

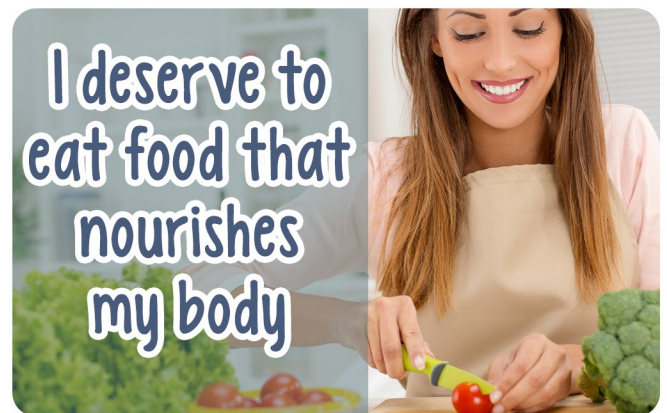
It's not just in some of us; it's in everyone.  
And as we let our own light shine,  
we unconsciously give other people  
permission to do the same.

As we are liberated from our own fear,  
Our presence automatically liberates others.

—Marianne Williamson

# MAYBE I WILL

POSITIVE / FIT / HEALTHY





# MAYBE I WILL

POSITIVE / FIT / HEALTHY





# MAYBE I WILL

POSITIVE / FIT / HEALTHY

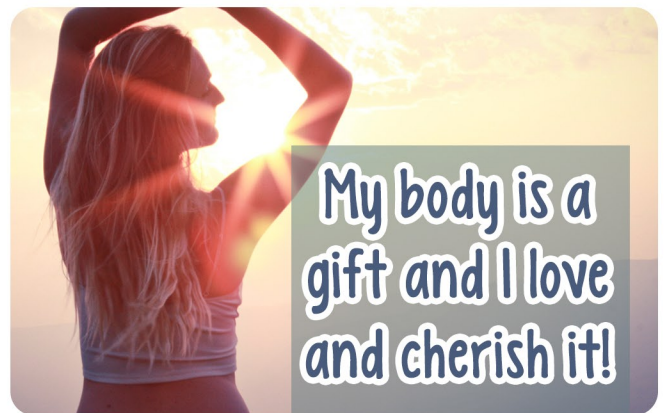


# MAYBE I WILL

POSITIVE / FIT / HEALTHY



I am excited to work out and eat right!



My body is a gift and I love and cherish it!