

NATURALLY SLIM WOMAN AFFIRMATIONS

I'm so in tune with my body.

My beloved, clever body can tell me what and how much food she needs, and when she needs to eat.

I trust my body.

I can listen to my body's signals instead of the chatter in my brain.

My brain got caught up in a programming from the past that's not valid or beneficial for me any longer.

My body knows what it needs. I just need to give her the right fuel so she can function properly without having to deal with too much toxic and addictive substances.

I feed my body regularly so it can feel safe.

She knows that she will always get food when she's hungry.

So, she will release the excess weight she's been holding onto in case I starve her again.

I love my gorgeous body, and I give quality food to her whenever she's hungry.

I listen to my body and when she says she had enough food I stop eating even if my brain is still chattering about eating more.

I can eat again whenever I get hungry.

I don't need to eat everything just because it's in front of me.

I can eat it later when I get hungry again.

My body knows how much food it needs.

I trust my body.



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All the wild animals know how much food they need to eat.
My body also knows how much food she needs.

I trust my body.

As I know when I need to use the bathroom, I also know when
I need to eat and when I need to stop eating.

My body only needs a few things to work properly and feel
good.

Clean air, plenty of water, healthy food, restful sleep, daily
movement, shelter, companionship, sex, relaxation and some
amount of pleasure.

I love my body, and I provide her basic needs and in turn she
is happy to cooperate in my weight loss desires.

I take good care of my precious body.

I give it fresh air, I drink enough water, I sleep enough, I
connect with people who make me happy, I move daily even if
it's only a short walk, and I provide some pleasurable
experience for my body too.

I have a loving, kind, compassionate relationship with my
body.

I always listen to my body.

I eat when I'm hungry and I stop eating when I'm satisfied.

Food is fuel for my body, and I choose the best food for my
precious body so it can function at its highest capacity.



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I have plenty of energy because I feed my body well and I sleep well.

I go to bed early and I have a peaceful, restful sleep every night.

I enjoy my food immensely and I feel satisfied with it.

I make an effort to prepare delicious, healthy food that I love.
I eat the food I love.

I enjoy it with all my senses.

I eat slowly and mindfully.

I savour every bite of my delicious food and from time to time I check in with my body.

When my body tells me it's satiated, I stop eating.

My body takes what it needs and eliminates the rest.

I have plenty of pleasure in my life other than eating.

I can make myself feel better in so many ways other than suppressing my feelings and numbing myself with food.

When I feel overwhelmed, I write in my journal.

I write down everything that's in my mind.

It feels so good to process my thoughts like this.

When I'm sad I watch a funny video or I call a friend or just cry.

I let whatever feelings I have just wash over me.

It can't hurt me, it's only a feeling.



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Why is it so easy for me to feel my feelings?

Why is it so easy to eat only when I'm hungry?

Why is it so easy to stop eating when I'm satisfied?

Why do I eat so slowly?

Why do I love myself so much?

Why am I so relaxed and calm all the time?

Why am I so sexy?

Why do I look so young?

Why do I have so much energy?

Why is my life so perfect?

Why do I get so much love?

