

Mindset Weight Loss Affirmations



AFFIRMATIONS FOR WEIGHT LOSS

Weight loss is about changing your mindset. Of course, the food you eat will affect your weight but with the power of affirmations, you can take control of your emotions.

Too often we stress eat or we feel stressed. Use these affirmations to love yourself thin.

Following are the most appropriate affirmations for weight loss for people, who are perfectly alright, but still are being victimized by society about being overweight.

1. Convince yourself: Stand in front of the mirror. Talk to yourself. Tell yourself that there is nothing wrong with you, but with others who cannot accept you like this. Tell yourself that you accept yourself the way you are. Decorate your room with posters saying some motivational quotes such as *"I am not losing weight. I am getting rid of it. I have no intention of finding it again."* or another one like *"Loving yourself is the greatest revolution."*

2. No Stress: No matter how much stress you feel in your life, let it go. Plan and say this every day.

"I deserve to live a stress-free life"

3. Do some Fancy shopping: There are plenty of online stores and outlets where you can find something worth wearing your size. Go through the dresses, pick one and wear that. If your size is not available, it's okay. Leave an order for one. Pick it up after it is done and there you go. If you think that you are ugly because you do not fit in 0 sizes then, trust me, it's not you but the society who is ugly.

Say this, *"I am beautiful inside and out"*

4: Engage yourself in some work: Do not sit idle. Tell yourself that you are as fit as others and can work. Run for the household chores. Do the pending jobs. Find some hobby like gardening, which can help you in burning calories and keep your mind occupied.

5. Forget people, focus on yourself: Being fat does not mean being ugly and being slim does not mean to be pretty. It's not the appearance but the health. If your body fat is uncontrolled that means you have a higher risk for any disease which is quite alarming. Focus on your health.

Say this, *"I deserve a perfect health because I am beautiful"*

6. Motivational videos: Yes, why not? Watch motivational videos. Many people around the world accepted themselves the way they are and worked on their health. They were least bothered about what comments people pass on them. That is only to warm up their gossip sessions. Mary Lambert, a successful musician, said *"Body acceptance is not about glorifying obesity. It's about loving your body at whatever size you are."* Isn't it appreciable?

7. Control metabolism: Too often we eat because we are emotionally starving. Control your cravings by stepping into your power and owning your voice.

Say this, *"I deserve to eat only when I am hungry"*

8. Eat healthy: Once you convince yourself to stick to the healthy diet, you will find it very easy. By a healthy diet, we automatically stereotype boiled cabbage with peppers or a juice of celery and coriander. No way! If you start listing down the healthy diet options, you will run out of space. There are many delicious recipes which you can try.

9. Make more public appearances: Gain confidence. And the only way to do it is by making public appearances. Whom are you scared of? None. You should never be. Go under the spotlight and face it. Let them accept you the way you are.

Say this, *"I accept myself and deserve to shine"*