

Declarations

Listening to me share these powerful declarations with you as a statement truth from me to you will be a very empowering experience for you.

I believe that you are now ready to accept these declarations and I know that once you do, starting today and each day you listen to me, you will feel my heart's desire and my unwavering belief, that you can accept each of them as your own personal belief.

Receive the following declarations as a gift of my deep love for you and my knowing that within you, each of these beliefs already exist, and they will now become more and more real, as you hear them, feel them, and accept them as part of your newly empowered self-image, body image and identity.

Now... as I say these declarations about what I believe and know is already within you, you can choose to... **accept them now.**

After each one.... Just say to yourself.... **I accept this now.**

You now have the **inner power** to achieve your weight loss goals and **be victorious**

You are now **capable of achieving** your weight loss goals

You are now **deserving of achieving** your weight loss goals

You are now ready to **achieve** your weight loss goals

You are now **worthy** of achieving your weight loss goals

You **now** choose to **release** whatever has not worked for you in the past

You are now committed to honoring and nurturing your body

You are now competent to love and approve of your body

You are now choosing progress over perfection

You are now a happier & healthier version of yourself

You are now grateful for your body and all the amazing things it does

You are now strong, happy and healthy

You **NOW** have the **Tenacity to achieve** your weight loss goals

You **NOW** have the **Inner Desire to achieve** your weight loss goals

You **NOW** have the **Perseverance to achieve** your weight loss goals
You **NOW** have the **Resolve to achieve** your weight loss goals
You **NOW** have the **Persistence to achieve** your weight loss goals
You **NOW** have the **Self Confidence to achieve** your weight loss goals
You **NOW** have the **Certainty that you will achieve** your weight loss goals
You now have the strength and power **to achieve** your weight loss goals

You now have the ability and choose to **accept** and **adapt** to change
You now have the ability and choose to **bounce back** from any Adversity
You now have the **ability to love** and have **compassion** for yourself and others

You now have the ability to rescript and reshape your mind and body

You are now able to overcome any obstacle that has prevented you from achieving your weight loss goals in the past

You are now resculpting your body and mind in ways that will serve you well... for the rest of your life

You are now releasing any conscious or unconscious fears that have held you back in the past... from achieving your weight loss goals