

# Creating Weight Loss Success from the Inside Out

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Cut on the dotted lines. Fold each affirmation and place in a jar, box or bag next to your bed.  
For 30 days choose one daily.

I am in the process of making positive changes in my life.

I am the only person who has control over my eating habits.

I am as successful at weight loss as I choose to be.

I take care of my body and my health.  
I alone am responsible for myself.

I eat nourishing foods only when I am hungry and  
lose weight with ease.

I am patient with myself and my body.

I am willing to take responsibility for my life and my health.

I am free to take care of myself. It is safe to be me.

Today I choose to breathe deeply and eat mindfully.

I change my eating habits with ease.

When I make healthy choices, I feel empowered and strong.

Today I am in charge of my health and my body.  
I take my own power back.

The food I eat nourishes my mind, body and soul.

I am noticing what my body needs from me.

I pay attention to my body and give it what it needs.

Today I choose to make positive choices for myself.

Trusting my body is becoming easier and easier.

I am gentle and forgiving with myself and others.

I choose health and healing over diets and deprivation. I know  
how to take better care of myself.

Every day in every way I'm getting better and better.

I let go of unhelpful habits and behaviors around food with ease.

I nourish my body with the foods it needs to thrive.

Making small healthy changes is becoming easier for me.

I easily adopt new habits that help me stay healthy.  
I always have a choice.

I return my body to optimal health by giving it what it needs.

I release old negative patterns and habits that no longer serve  
me with ease.

I am worth the time and money I invest in my health.

Today I choose to make healthy and supportive choices for my  
body and my life.

My health is important, so I choose foods that nourish  
and support me.

I am transforming my lifestyle to a healthier and happier  
way of living.