

Affirmation SUGGESTION LIST



By Leanne Lisbon. Mind Over Muffin.

Affirmation

SUGGESTIONS

BELOW YOU WILL FIND SOME AFFIRMATION SUGGESTIONS THAT YOU CAN USE TO KEEP YOURSELF THINKING POSITIVELY ABOUT FOOD, BODY AND YOURSELF.

- It's safe for me to feel this feeling
- This is just a craving it will pass
- I can give myself what I need without using food
- It's easy for me to sit with this emotion and let the craving pass
- I can do this, it's easy for me
- Every day in every way I'm getting better
- My goals are getting closer and closer
- I am calm, present, connected
- I am so relaxed around food
- It's easy for me to make changes with food
- Losing weight is easy for me
- Stepping into the slim, toned version of me is happening naturally
- I am so much more than my body
- I'm grateful for everything, the good, the bad, the challenging
- Food is just food
- Eating out is a relaxed experience
- I trust myself and my body
- My body guides me with what it truly desires
- Food is there to nourish my body
- I eat to nourish my body and for me health
- I love eating fresh, clean food
- I love making my health a priority
- I'm excited to move my body
- I move my body because I love myself
- When I move I feel amazing
- When I eat well I feel amazing
- I love my life and everything I do



Affirmation

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- I believe in myself
- I know I can do anything I put my mind to
- It's easy for me to calm my emotional state
- I feel relaxed and care free
- I take care of myself and my emotions
- Life feels fulfilled and loving
- I am successful and achieve my goals easily
- Thank you food, I know you want to be there for me, but now I'm learning a better way
- It's ok for me to feel what I'm feeling right now
- It's safe for me to feel what I'm feeling
- I truly honour myself in this moment and choose to show myself kindness
- It's ok, it's ok, it's ok
- Just breathe
- I've got this. I'm strong. I'm powerful. I've got this
- This is just a feeling it will pass
- I can find a better way
- Food will not give me what I'm truly searching for in this moment
- I choose to break the cycle now
- What is it I really need right now?
- How could I show myself some love right now?
- How could I show myself kindness?
- How could I give myself what I'm truly craving (beneath the food craving)
- I choose to show myself love, kindness and respect

