LOSE WEIGHT

A guided self-hypnosis journey

DAILY AFFIRMATIONS

Day 1

Visualize

Set your Intention & Visualize Success

'I am committed to my weight loss journey, making healthy choices effortlessly.'

Day 2

Mindful

Building Healthy Habits & Mindfulness

'I am aware of my triggers, and I choose healthier responses.'

'Bad health choices are no longer a part of my life.'

'Food cravings come and go, but I remain strong . I am in control.'

Day 3

Overcome

Overcoming Emotional Eating & Finding Calm

'I manage emotions without turning to food, finding peace in healthy ways.'

'I am calm, focused, and in control of my choices.'

Day 4

Commit

Strengthening Commitment & Resilience

'I am proud of my commitment, celebrating every healthy choice I make.'

'I overcome challenges with resilience, staying focused on my goals.'

Day 5

Release

Releasing Old Habits & Embracing Change

'I release old habits, embracing new, healthy routines with ease.'

'I feel light and free, making choices that support my well-being. '

'I am confident in my ability to change, feeling stronger each day. '

Day 6

Confidence

Boosting Confidence & Inner Strength

'I feel empowered, knowing I am creating a healthier, happier me.

Every day, I build on this confidence—celebrating small victories, trusting my instincts, and nurturing my body with care.'

Day 7

Future

Reflecting on Progress & Planning Ahead

'I feel strong, confident, and ready to maintain my progress.'

'Every day, I build on this foundation—planning my meals with care, finding time for movement, and nurturing my mind with positive thoughts.'

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