

Published based on [Use Affirmations To Lose Weight](#)

Use Affirmations To Lose Weight

If you have tried a every diet and exercise plan out there and repeatedly failed to lose the weight you need a "healthy diet check up...from the neck up."

There's no such thing as a healthy, fast, weight loss and diet plan. It took a long time for you to put the weight on it will take time to take it off. Don't lose faith it will come off!

Follow these basic principles in your diet plan...

First you have to change your 'self talk' This is the conversation that runs in the back of your head all the time. Is you 'self talk' negative and berating? Does it cause you to doubt yourself or sabotage your progress?

What would you like this voice to be saying? You can change negative self talk, right now!

A great starting point is to begin with positive affirmations. Find some affirmations that support what you want to accomplish and repeat them multiple times daily. Post them up on your mirrors. When you can't say them out loud (at work) run them through your head. Write your weight loss affirmations on paper. "I will lose 25 pounds before Christmas." Make sure it is a worthy attainable goal.

First of all, write your goal from the perspective that you have already acheived it. This will re-program your self talk, your sub conscious mind will start believing your affirmations and make it happen.

Your subconscious mind has no capacity for understanding of time. Everything is in the moment. Unless you change your mental tape recorder, you will achieve exactly what you are telling your subconscious, that you "want to lose 25 pounds." You will "want to lose 25 pounds" for the rest of your days unless you change your self talk.

If you weigh 150 pounds and want to weight 125 pounds, then you need to "be" 125 pounds from the moment you make the decision to change your self talk. Write your affirmation to read: "I am fit and healthy and weigh 125 pounds."

It is very important that your affirmation is clear because what you affirm is exactly what your subconscious will bring to you.

You can have many affirmations. Make one about your exercise program. "I enjoy my exercise plan and am accomplishing all my goals".

Rewrite it until you are certain that you have written your goals in the present and that they are precisely what you desire.

When you start you may feel silly doing your affirmations and may not believe what you are saying. KEEP DOING IT! Do it with as much conviction as you can muster. If you persevere you will be amazed at how quickly you will see results.

It takes practice you didn't hop on a bicycle the first time and ride off down the street. It took time and practice to train your body to balance on two wheels. Your affirmations will take time and practice as well. Within 30 days you will be amazed at how much your thinking and attitude change.

Above all, take action. Do nothing and nothing gets done. Do something and many things are placed in motion.

Put your plan into motion!

Click the link to see how [green tea purity](#) can help you lose weight. [green tea purity](#) is an easy way to lose weight.

Check out this blog in order to know a lot of useful info about effective [weight loss](#)!

You can also find this article published on [Use Affirmations To Lose Weight](#), and on the tag pages [affirmations](#), [diet](#), [diet plan](#), [exercise](#), [goals](#), [healthy diet](#), [weight](#).