



THE EXTRA WEIGHT IS VANISHING FROM MY BODY

MY TUMMY IS FLAT AND MY TUSHIE IS FIRM

I WILL SUCCEED AT CREATING THE BODY I'VE ALWAYS WANTED

I AM A HAPPY, HEALTHY SIZE _____

I AM BLESSED WITH A HEALTHY BODY

I AM EASILY AND EFFORTLESSLY LOSING WEIGHT

I AM BEAUTIFUL, HEALTHY, AND SEXY

THE FOOD I EAT COMPLIMENTS MY HEALTH AND WELL-BEING

GETTING IN SHAPE IS EASY AND FUN

EXERCISE MAKES ME FEEL ENERGIZED AND FULL OF LIFE

EVERY DAY I GET SLIMMER AND SLIMMER