

Celebrate

Layer
Lasting Change





Celebrate - a Lean Life Skill

“It is never too late to begin creating the bodies we want, instead of the ones we mistakenly assume we are stuck with.” ~ Deepak Chopra

When we appreciate and acknowledge to ourselves how well we are doing as we make positive changes to our body, it is important to stop, reflect and say thank you to our body because it is listening to us and giving us what we've been asking for.

It is important that you find ways of appreciating your body as it moves towards its Ideal Weight, and once there, that you remember to thank it every day for remaining there.

This appreciation and acknowledgement is really important because what we focus on we get more of. There is a saying: “Where your attention goes, your energy flows.” This also links back to the idea that our body follows our mind. Our thoughts create our reality.

Celebrate Exercise:

In this daily Lean Life Skill, you affirm to yourself that you're loving the positive changes in your body, and in doing so you send out a very clear message that you want more of the same.

From the list of suggested affirmations on the next page, choose one that feels right for you, or make up one of your own that fits best with your reasons for wanting to be Lean For Life.

Then, affirm it to yourself each day, before and after you weigh yourself, before and after meals, after you've enjoyed anything that you got to appreciate thanks to your body - even a beautiful moment in nature that you got to enjoy with family or friends.

Use 'I am...' at the start of your affirmations. It is a powerful statement to start an affirmation, so your entire body and conscious and subconscious minds recognise. Its use is the same as 'tapping the mic' in a crowded room to concentrate attention. If you create your own affirmation, use it to hone the power and potential of what you are about to state. It makes it real and powerful.



We use the symbol of the HEART on our Ideal Weight Focus Band to remind us to CELEBRATE our SUCCESSES.

Affirmations:

I am grateful for my healthy body and I bless every part of it.

I am choosing progress over perfection, and I am at peace.

I am creating a body that I enjoy living in.

I am building a lean, strong body that enables me to participate fully in my life.

I am embracing good health and a lean body as my birthright.

I am delighted that my clothes fit better, and I'm getting my mojo back.

I am giving myself the strong, healthy body I deserve.

I am grateful for my body and appreciate all that it does for me.

I am healthy and whole and filled with joy.

I am grateful to have a body capable of exercising.

I am perfectly healthy in body, mind and spirit.

I am grateful to allow myself to feel good just being me.

I am delighted I can live more fully now my body is liberated from unnecessary weight.

I am excited and grateful that I am more confident in my body.

Your body
hears
everything
your mind
says.

Naomi Judd