

WEIGHTLOSS



&

NLP



Grab Yourself A Pen & Paper.

Take some time and think about these questions...

What's important to you about your health?

What else?

And what else?

Think of something else.

Anything else?



Keep going until you can't think of anything more.

Do you see a pattern of words?

List them 1-10 order of importance.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Do you see food as a fuel?

What is your relationship with food?

Is it healthy?

Is it unhealthy?

Your body is the only home you have, you need
to look after it.

Ask yourself:

What's missing in your life?

Are you seeking fulfillment?



Visualise Your Future.



In This Visualisation We Are Going To Use Your Mind's Eye To Embody Your Future Body.

**The future you with the strong, healthy body
that you have been dreaming of.**

Take a deep breath.

Close your eyes. Look at yourself through your
own eyes.

You are currently wearing a body suit, the real
you is hidden underneath.



Take time to unzip the body suit, see yourself strong, fit and healthy.

What do you look like underneath?

Step outside of the suit.

See yourself with the body you dream of.

Take a photo of your new healthy, strong body & put it in your pocket.

**REALLY FEEL THE FEELING OF HOW YOU
FEEL WITH THIS NEW BODY.**



Notice what are you wearing?

Who is with you?

What do you hear?

How do you feel?

EMBODY THIS FEELING.

The stronger you feel this feeling and see, feel & hear everything the new you will be, the faster your subconscious will bring about the changes that you are working towards.



Finish With Affirmations:

Affirmations rewire your brain, and they work whether you believe it or not!

So say them 5 times every day.

I am confident and capable.

I really love myself.

I feel safe and secure.

I love my body as it is today.



I am confident in my body.

My body is perfect the way that it is.

I honor my body just as it is.

I am comfortable in my own skin.

I take care of my body by doing _____.

I love the energy I can feel in my body.



Did you know your mind does not know the difference between your subconscious and conscious thoughts?

Visualisation is a great tool for you to change what is happening inside of your body.

The more often you practise this, the better it will be, and the faster you will get results.



This Ebook is a collaboration between Anne McKeown, Master Coach at 2mpower.co & Global Healing Exchange

