

# The Slim & Sexy Morning Affirmations

Repeat these affirmations every morning, visualizing your Slim, Sexy Future Self & filling your body with light and love.

- I am so grateful for and in awe of my magnificent human body. I am grateful for every day on this earth.
- I AM good enough, I am worthy and deserve to live the life of my dreams.
- I give myself permission to let my inner beauty shine.
- I am loved, lovable and I choose to love myself right now and always.
- I deserve to be slim, sexy, confident and beautiful.
- I can be slim and sexy and also feel safe and powerful.
- I know how to be assertive, say no and protect my boundaries.
- I am powerful and in control of my own choices.
- Every day I am learning and growing, using my gifts and fulfilling my potentials.
- Every challenge along the way is an opportunity for me to grow, learn and get stronger.
- I can achieve anything I set my mind to.
- I am a genius and I apply my wisdom.
- I love to nourish my body with healthy foods.
- I feel vitally alive and full of energy. My cells are constantly renewing. I am ageless.
- I sleep deeply at night and awake refreshed each morning.
- I love to give my body a good workout.
- I love to move my body and run and jump and play!
- I am getting stronger, leaner and fitter every day.
- When my muscles are sore I know I am getting stronger.
- My body is a fat burning machine, small, healthy meals stoke my metabolism to burn even more.
- I easily let go of the past, and live in the present.
- I allow my emotions to flow through me. I accept where I am today.
- I am a magnificent creature of this earth, I am connected to all and everything, I treasure the beauty in every living thing.
- I am so grateful for this day, I wonder what miracle will happen today?

