

ACT™ Belief Sheets

Positive Body Image & Ideal Weight - Category #9

1. I am thin, beautiful, and sexy.
2. I eat only when I'm hungry and stop when I'm full.
3. I have a fast metabolism.
4. Everything I eat turns to health and beauty in my body.
5. I can eat whatever I want and easily maintain my ideal weight of _____ lbs.
6. I am satisfying my physical needs in healthy, loving, nurturing, positive ways.
7. I am taking care of my physical needs (sleep, eating, sex, etc) in healthy, positive ways that delight me.
8. I enjoy taking the time to take care of my physical needs.
9. I organize and schedule the time to take care of my physical needs.
10. I only eat to satisfy my physical needs.
11. I satisfy my emotional needs in healthy, positive ways.
12. Healthy diet and daily exercise are pleasurable to me.
13. I feel good about the way I look.
14. I like what I see when I look in the mirror.
15. I accept and love my body, independent of what other people think, say, or do.
16. I now release the weight of the world from my mind, body, and spirit.
17. I am safe in a thin body.
18. I easily and masterfully handle the attention a thin body brings me.
19. I love the attention a thin body brings me.
20. It is easy for me to do what it takes to maintain a thin, healthy, fit body.
21. I love maintaining a thin, fit, healthy body.
22. I now enjoy maintaining my ideal weight of _____ lbs.
23. I am at my ideal weight right now of _____ lbs
24. I am _____ pounds.
25. It's easy for me to maintain my ideal weight of _____ pounds.
26. I feel good about myself and my body.
27. I am thin.
28. My clothes fit loosely and comfortably.
29. I am comfortable in my own skin.
30. I am at peace with my body.
31. I love my body.
32. I love my body just the way it is.
33. I now have my ideal body.
34. I now claim my ideal body and all the power that goes along with it.
35. I am young and beautiful.
36. I love and accept my body completely.
37. The more I love and appreciate myself, the more beautiful I am becoming.
38. My load is light, so I am light.