

## Is Your Subconscious Mind Helping You Lose Weight?

What are you telling your subconscious now? It's extremely important that you phrase your affirmation to lose weight as if you have already accomplished what you desire. Work on writing it out until you have it precisely as you wish to become.

It is particularly important that your affirmation is crystal clear because what you affirm is exactly what your subconscious mind will bring you. You needn't limit yourself to one affirmation either. Write another one that reflects your new exercise program. "I enjoy my healthy new exercise program," or, "I love the healthy foods I eat."

Write and rewrite until you are absolutely certain that you have written your goals "in the here and now" AND to represent precisely what you desire. Then, and only then, begin to speak it aloud and do so several times a day.

Remember to use the present tense. "I acknowledge achievement in all my weight loss goals." "I have the skill and talent to exercise every day." "I am a winner." "I am grateful for all of my accomplishments no matter how small."

At first you will feel awkward and uncomfortable and you may not feel or believe what you are saying. You may feel silly saying them out loud. It doesn't matter. Continue to speak the affirmations aloud with as much conviction as you can muster. Try using driving time in your car for firm, strong voiced self talk. It's taken a long time to train your subconscious to use negative self talk. If you will persevere with speaking your affirmations aloud, firmly and confidently, you will be amazed at how quickly you can turn your thoughts around.

You didn't hop on a bicycle the first time and just take off down the street. It took practice to train your body to balance on those two wheels. This will take some practice as well. Continue to repeat your affirmations aloud, several times a day for the next 30 days and you will be amazed at how much you change your thinking and attitude.

Let's investigate how words affect you in your everyday life. Take a trip down memory lane and recall some real life experiences that made you happy, proud, and successful or any combination of the three.

Spend some time recalling how you felt. Maybe you won a spelling bee as a child, or hit a home run. Who was there? This will help you remember. You had those feelings once and you can achieve them again. What words did others use while you were experiencing those feelings of joy and happiness?

Recall those words, and write them down. Then, put them to work in your daily conversations. They are words that are already proven to have a positive affect on your well being. Recalling and including them in your day will trigger those feelings again because your subconscious already has an association with those words and their results. Above all, take action. If you have become a slave of procrastination, decide to rid your life of it once and for all. Yes, you can create affirmations to help you there as well. "I have the attitude and skills to take action today." "I am winning in my life by turning my attitude into action."

Do nothing and nothing gets done. Do something and many things are placed in motion. Regardless of what you are doing in life, you need to take action. Do something every day to put your plan in motion.

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### About the Author

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