

## **AFFIRMATION (AUDIO TRANSCRIPT)**

Now you are fully relaxed and feel good and warm. Your body is fully relaxed and you feel your legs and arms fully relaxed.

Take a moment to remember the best childhood memory you have and relive that moment vividly. Remember how good you felt in that moment. Let the experience really sink in and feel good.

Keep that positive picture in your mind all the time and think about a setting similar to a theater. You are standing in the middle of that stage. You can feel the warm wooden floor underneath your bare feet. You can feel the warmth of the oak wood that is radiating from the floor, giving you that great energy and power. Feel the power growing from your feet up into your fingers and every cell of your body. Now keep that good feeling and energy inside you and let the feeling embrace every part of your body.

Once you have the positive energy in you and you feel confident about yourself, you see an audience admiring you from their seats. You see them sitting there while you are looking at them. You see their loving faces and how positively they feel and think about you. All their faces are filled with love as they look at you. You really enjoy their attention, because you know they love you from the bottom of their hearts.

You enjoy the attention of the audience and you can really feel their positive energy as they look at you.

As you realize that people really love you, you love them back and put all the negative feelings aside and you can feel free now. You don't have to please everyone, but you need to be happy about who you are.

Now it's time for you to let all the negative feelings go and start looking towards a future that looks very positive and loving in all aspects!

You are now ready to accept yourself fully and feel good. You love yourself just the way you are and you keep getting better at it as every second goes by. You accept all your feelings as a part of yourself and your soul. You are lovable and loved by every person around you regardless of how you think they feel about you. It's good for you to express your feelings and you must allow yourself to express your feelings.

Now that you love yourself you are ready to welcome your biggest goal in your life.

Keep your eye closed, concentrate on your breathing and keep breathing steadily. Remain fully

relaxed.

Picture yourself in your ideal weight and feel how your body is light and you can do anything you want. Any physical activity is very easy and it's so comfortable to live the life as the new you. Picture yourself inside of a photograph where you have lost all the excess weight you've always wanted and you can see yourself as a person that you admire and look up to.

Now imagine this picture of you right in front of you. This picture is big and vivid and you really like what you see. You see yourself in your ideal weight.

Picture your current self in a picture that is much smaller than the vivid and bright picture. You see yourself in that picture and what you are going to do now is to imagine how you adjust the light in that picture until it is so dark, you almost don't see yourself anymore. Then visualize that picture going dark and smaller as you look at it more and more. After a while you don't ever see that picture anymore, because you've made it smaller and darker.

All you can see is the picture of the new you. It's so incredibly vivid and big, right in front of you and it radiates positive energy. You are that person.

Keep this picture of yourself in mind and give and let it sink into your mind like a photo that is being imprinted into your conscious mind. This is a positive picture of yourself and how people love you wherever you go.

People feel your positive energy as you talk to them and they compliment you on how great you look. It's so easy for you to picture the new you because you feel so great about yourself all the time. You have this incredible new energy that is radiating from every cell of your body.