

LIVING VISION FOR OPTIMAL HEALTH & WEIGHT

I am fit and fabulous!

I am so grateful to now fully experience the presence of spirit within, the calm, centered, harmonious and in-tune presence that supports me in constantly appreciating and enjoying my life and my body fully and graciously. I am blessed with the gift of loving and appreciating my body, mind and soul. I am blessed with the feeling of optimal health, wellness, and physical fitness.

Why is it that when I look in the mirror, I see a beautiful, fit, trim and healthy being? Why is it that I have the good fortune of having exceptional metabolism? I am grateful to have the kind of metabolism that others envy; the kind that will operate fully and optimally for all the days of my life!



I give thanks for my healthy eating habits. Why do I feel so inspired to eat more vegetables, fruit, whole-grains and live food each and every day? Why do I find it so easy to enjoy more raw, whole, organic and of the Earth foods each and every day? I look at what I am inspired to eat and I am so very proud of myself. I am fit, trim, strong and committed to my health. I drink healthy, clean water and flush my system with ease and exuberance. Why is it that I always drink more than enough water to maintain beautiful skin and a healthy, well-lubricated and alkaline body?

Why do I love drinking water throughout the day and find it so refreshing and easy to do? I enjoy planning my healthy meals and look forward to taking healthy food with me, where ever I go. I know that my commitment is strong and my courageous actions are inspired from a genuine path of wholeness and I am grateful.



I am also so very appreciative of how much I love to move my body! Why do I love exercising so much? Why do I crave movement, exercise and activities that burn fat and maintain my optimal cardio fitness? I look forward to moving my body and I seek ways to get active each and every day. I find it pure joy to exercise, jump, run, play, and work up a glorious sweat on a regular basis. Why is it that I find it so easy to commit to a routine; a routine that is simply a part of my every day existence? I thoroughly enjoy exercising and find myself thinking, scheduling, and making time for a daily fitness routine that keeps my body healthy and strong! And, why is it that I have more than enough time, energy, and intention to exercise regularly and still get everything else done in perfect Divine order?

Why is it that I appreciate my path and my journey so fully? I look back at my past and I am so fortunate to see a person who has always found it easy to maintain their optimal health, weight, and physical fitness. Why has this always been so easy for me? Why has eating healthy and exercising regularly always been so easy for me too? I guess I'm just fortunate to have the inner strength, commitment, courage,

motivation, and simple desire to constantly choose the best for me! Why do I feel so deserving and capable?

Wow, I am so thankful that it's just me! I am deserving, strong, capable, and worthy of excellent health!

And, you know what else? I don't know why this is - but I find it so easy to drop any extra weight faster than anyone else I know! And, it's healthy the way my body does it. Why is it so easy for me to drop extra weight effortlessly and quickly? It's as if I blink my eyes, eat a few extra apples, and work out a couple of times and poof - I'm trimmer, slimmer, firmer, and weighing my optimal weight so effortlessly and quickly!

I love what I see in the mirror! I deeply and completely honor myself and accept that I am worthy of all that I desire now. I give thanks for all this and more. So be it!

It is done!

