

# I am at my ideal weight

## **I am at my ideal weight.**

I love and accept my body at its current weight. I am happy with the numbers I see on the scale. I am at my ideal weight right now. I am comfortable with my external appearance.

## **I am happy with my weight.**

I am able to maintain my ideal weight with ease. I exercise regularly and eat a healthy diet. I stay active during the day and rest well at night.

**I nourish my body like it is a sacred temple.** After all, it is the only body I have and is intended to last me a lifetime!

I avoid junk food, sedentary activities, and high-calorie drinks that could negatively affect my weight. I eliminate habits that harm my body.

I pay attention to the great things my body can do when I am at my ideal weight. When my body performs well, I feel like I can do anything. It is exhilarating for my body, mind, and soul to be at a weight that keeps my body in peak condition!

**I am strong, healthy, and vibrant.** I am able to enjoy life because of this body. I focus on maintaining it.

Today, I am thankful for my body. It is sacred and valuable. I am at my ideal weight and take action to keep it that way so I can enjoy each day - and life itself - to its fullest.

## **Self-Reflection Questions:**

1. How can I learn to more fully accept my body?
2. What can I teach my children about weight and body image?
3. How can I maintain my ideal weight?