

# **Fitness Accelerator**

***Listening Guide***  
***Visualization Guide***

# Introduction

This course is intended to enhance any weight loss, diet or exercise program you may be considering. While general principles are included within these sessions, they will work with any program.

This guide is meant to be a very basic overview. It is not meant to be a diet or exercise guide. It is written with the assumption that you have chosen your own unique diet and exercise plan, based on your own goals and objectives.

The reality of weight loss (or weight gain) is very simple. If you consume more calories (energy) than you expend, you will gain weight. If you expend more calories (energy) than you consume, you will lose weight.

The weight you lose or gain will be in the form of muscle or fat, or a combination of the two. It is wholly possible to gain muscle weight, lose fat weight, feel better, look better, while noticing a net gain in overall weight.

It is also possible to lose muscle weight, maintain the same fat weight, feel more lethargic, and look worse, while losing weight overall.

This course is designed to help you enhance your fitness, with an emphasis on losing weight, overall, in the process.

Just as there are many body types, different types of metabolism, and many diets, there are also many ways to lose weight while increasing fitness.

You may keep your intake the same while increasing your exercise. You may keep your activity level the same while reducing your intake. You may do a combination of the two.

However, regardless of the type of diet you are intending to follow, and what your ideal body type is, most diets and fitness plans follow a similar strategy.

Modify your eating habits in some way, and increasing your activity level in some way. This course assumes both of those to be true, for you.

As all diet and fitness plans follow the very same basic structure, you will also face similar obstacles, regardless of your own unique plan.

These are generally hunger, laziness, insufficient water intake, and insufficient or inadequate sleep, whether in time or in quality.

Humans like to eat. We like to eat more than we should. Once we start eating, it's hard to stop.

To that end, there are two specific listening sessions that will target this common human weakness. It will decrease your desire to eat, and increase your desire to eat higher quality foods.

Humans are also fairly lazy. We like to rest, we don't generally enjoy running, sweating, or lifting heavy weights.

To that end, there is a session designed to increase your desire for, and enjoyment of, physical activity. Instead of looking forward to a night on the couch, you'll look forward to a long walk, jog, or a bike ride.

We also tend to get inadequate sleep for any number of reasons. Poor sleep and not enough of it. We toss and turn with worry. We stay up too late.

To that end, there is a session designed to increase your desire for and enjoyment of a good night's sleep every night. You will train your mind to fall asleep more quickly, and to sleep more deeply.

We also tend to not drink nearly enough pure water. We are either chronically under-hydrated, or we drink too many liquids that are filled with sugar or other chemicals.

To that end, there is a session designed to increase your desire for, and consumption of, pure water. Tap water, bottled water, filtered water, any kind of water according to your own health beliefs, goals and objectives.

The final session is to install a desire to create a flexible and limber body. There's no point in looking good if you can't touch your toes!

## Listening Strategy

There is no specific listening strategy or recommended frequency. You may find you have an ideal eating system, but lack the willpower to exercise. You may decide that the only thing you'd like to improve at this particular time in your life is to increase the quality of your sleep while drinking more water.

It's entirely up to you. You can listen to the same session every night for a month, or you can listen to different session every single night.

Ideally, start with whatever issue you are having the most trouble with. Then slowly increase your lifestyle changes.

For example, if you are significantly overweight, have terrible sleep, drink nothing but sugary soda and eat only fast food, you might not want to start everything at once.

A better idea might be to only make one small change, like taking a walk every day or doing some stretches in the morning. Only when that becomes a normal part of your routine, which you do automatically without needing willpower, should you begin changing your diet.

A very common mistake is to start too much, too soon. This inevitably leads to burnout. Take your time. Go slow. Your body and your health are your most important assets. They will be with you for your entire life. Only make slow changes that you can easily sustain.

Fast changes with huge short term goals are rarely

sustainable. When you set huge goals that you have little chance of realizing, you are setting yourself up for an emotional setback. Each time you set big goals that you don't achieve, it will become harder and harder to try next time.

If you are starting from scratch, give yourself a year. Yes, there are plenty of books and guides you can buy that claim you can lose ten pounds a week, but we strongly advise against that.

It's much easier to make slow, comfortable changes to a lifestyle you can maintain for the rest of your life.

Choose a reasonable fitness goal you can achieve in a year. Once you achieve that, set another one. If you keep this up, in a year, or two (or even three) you WILL have your ideal body. It won't be hard to maintain, you won't even think twice about it. It will have become who you are, based on how you live.

No willpower, no motivation, only your daily activities which are natural and easy.

Doesn't that sound more compelling than the endless roller coaster ride that you may have been on?

## How to Listen

These sessions are a combination of 256 voices all speaking at once. This obviously is far too many for your conscious mind to comprehend. However, studies have shown that the subconscious mind can perceive several thousand times more information per second than the conscious mind.

Beneath the voices are specialized sounds designed to relax your mind. They are called "binaural beats" and will lower your brainwaves to the level most appropriate for reprogramming. There are four general levels of brainwaves.

Beta, when the mind is awake and alert.

Alpha, when the mind is in a day-dreaming state.

Theta, which is the border between awake and asleep.

Delta, which is the deepest part of sleep.

These sessions target the Theta level, which has been shown to be the most effective for hypnotic programming.

This also has the effect of making you feel drowsy, so please DO NOT listen while driving or operating any heavy machinery.

In order to make best use of these sessions, listen while in a relaxed and comfortable position, with your eyes closed, and with headphones. The sessions are each one hour long,

and the ideal time for listening is before sleep at night. However, you can listen at any time, for any length, so long as you don't listen while driving or operating heavy machinery.

Think of these as training exercises for your subconscious. Repeated listenings will have an additive effect. Once your behavior becomes self-sustaining, the effects of the listening will be permanent, so long as you continue the behavior.

For example, consider somebody who's never exercised before, and they begin by listening to the Love Exercise Session. They listen daily, while starting a daily walking routine. After a week or so, they begin to look forward to their daily walks. Once this happens, that particular listening session is no longer needed, as the daily behavior creates a positive result. A positive self-sustaining feedback loop has been established. The effects of the listening session are now permanent, and that particular person can move on to other sessions. Later on, perhaps due to work or other circumstances, that person may decrease their daily exercise and needs a boost. They could then begin listening again, until another self-sustaining loop has been created.

These sessions are a combination of sounds that will lower your mind into a very relaxed, very open state, where reprogramming is much easier. Think of your mind like a sponge. The more relaxed and drowsy your mind is, the easier it is to reprogram, or put in new beliefs with the intention of creating new behaviors.



To give your subconscious mind a clear direction of what you'd like to do, it's very helpful to create visualization at the beginning. Create a very specific picture in mind of what you'd like to create, the behavior you'd like to exhibit. Focus on this mental image with as many positive emotions as you can generate. Imagine you are placing an order to your subconscious, which will then use these listening sessions to install new beliefs, and create new behaviors. The more detailed of an image you can create, the faster these will work. The stronger the emotions you create, the faster these will work. The longer you can hold this emotional picture in mind while listening, the faster these will work.

Below are some suggested visualizations. Use these only as a starting point to help you create your own specific visualizations for your own specific purposes.

When creating these visualizations, see them from many different angles. See them from your own eyes, from other people's eyes, and from a detached, objective, third position. Switch through each one of these viewpoints several times, and with different positive emotions from different viewpoints.

For example, when seeing a situation from your own eyes, you may feel gratitude and appreciation. When seeing that same situation from another person's eyes, you may feel admiration and respect.

# **Listening Sessions with Visualizations Examples**

# Hunger Killer

This session is designed to train your deep mind to understand real hunger based on real energy needs, compared to false hunger based on emotional needs. Once you learn to tell the difference, overeating will become a thing of the past. You'll learn to appreciate genuine hunger and the natural pleasure that comes from satisfying it. You'll be able to identify false hunger and find other means to satisfy the deeper emotional desires.

To visualize imagine yourself eating only a few small meals throughout the day. Create a visualization that shows the inside of your body as an efficient machine that turns all consumed food into fuel. Create a picture of yourself sitting with friends, surrounded by snacks, with you comfortable with not eating. See yourself sitting and eating, and finishing while there is still food on your plate. Visualize yourself in a restaurant when you receive your order, and you expressing that there's no way you can eat all the food in front of you.

## **Turbo Metabolism**

This is designed to fire up your metabolism on a deep level. Your metabolism is the sum total of all energy reactions in your body. The higher your metabolism, the more energy you are using through activity and maintenance.

To visualize, imagine your stomach is a furnace. Imagine seeing the food drop into your stomach and immediately being burned up. Imagine seeing yourself relaxing in front of the TV while you see little machines all over your body quickly shoveling fat deposits into your body's engines to keep the energy flowing. See your body as a highly efficient machine that uses all the fuel with very little waste. Imagine sitting with your friends and hearing them tell you how high your metabolism is. Imagine one of your parents remarking to one of their friends that you've always had a high metabolism, and you never gain weight no matter how much you eat.

## Love Exercise

This will generate a deep love and appreciation for physical movement purely for the sake of physical movement. Those that enjoy exercising and get pure benefit out of it aside from any health benefits tend to be in much better shape than those around them. This will install into your deep mind a belief that exercise is fun, pleasurable and a great way to quickly reduce stress.

To visualize, see yourself exercising in any way with a smile on your face. Imagine you are outside and you feel the air on your face while feeling deep sensations of appreciation and gratitude. See your friends asking you why you love exercise so much. See various situations where you are exercising in an environment that is socially conducive and you are enjoying the company of attractive and interesting people.

# Healthy Sleep

Sleep is an essential component of health. This session is designed to give you the desire and inspiration to spend enough time in bed, as well get good sleep while you are there.

To visualize, see yourself sleeping happily and deeply. Imagine a time elapsed movie of you sleeping through eight hours. Imagine seeing yourself waking up refreshed without needing an alarm clock.

## **Water Lover**

Drinking plenty of water, instead of other less-than-healthy beverages is essential. This will give you the desire to drink fresh water above all else.

To visualize, see yourself drinking and enjoying water. See yourself surrounded by friends, all of whom are drinking various juices and other concoctions, with you perfectly happy and content to be drinking water.

## Healthy Food

There are many different kinds of healthy good, and depending on your own particular diet or eating plan, you'll have your own unique combination. For some that may mean low carbs, for some that may mean raw foods, for some that may mean only fresh juice. Whatever your chosen form of healthy eating is, this session will install in you the desire to eat that kind of food above all else. You'll begin to dislike all other foods, so you naturally eat the food that is healthiest for you.

To visualize, simply see yourself eating and enjoy that particular food. See yourself eating and enjoying this food while your friends are eating junk food. Imagine your friends are asking you how you can avoid junk food, and you saying that it's easy because you no longer enjoy the taste.



## **Flexible Body**

Being flexible is a sign of good health. This will install in you a desire to and an enjoyment of stretching and making yourself more limber. It will also make it much easier to stretch, as you'll learn, on a deep level, to simply release the tension in your muscles and tendons.

To visualize, simply see yourself doing various yoga positions with ease. See you easily touching your toes every morning. It can help to search online for various photos of yoga poses, and then visualize yourself doing them.

## **Master Mix**

This is a special session with all previous sessions mixed into one. This is a total of 1792 voices all speaking at once. Use this session when you feel all other issues are relatively equal. You can also use this as a general maintenance session. Alternatively, you may use this to begin with, and then let your subsequent behaviors and instincts guide you.

# Individual Affirmations

# **Hunger Killer**

I release the need to eat emotionally

I release the need for food pleasure

I release all food addictions

I use food only for energy

I plan my food enjoyment

I plan my meals

I plan my eating

I eat slowly and consciously

I drink water while eating

I eat slowly and enjoy my food

I eat slowly and appreciate my food

I enjoy long time spans without food

I enjoy long periods of time without food

I enjoy fasting

I enjoy cleansing my body with fasts

I fast regularly

I fast naturally

I fast easily

I enjoy healthy food

I enjoy natural food

I enjoy supportive food

I choose when I eat

I choose what I eat

I release my emotions naturally

I enjoy my emotions naturally

I release stress naturally

I release anxiety naturally

I breathe deeply to release stress

I breathe deeply to release anxiety

I take my time when I eat

I take my time when I chew

I fully enjoy eating

I eat slowly and consciously

I listen to my body

I listen to my stomach

I listen to my need for energy

I listen to my need for fuel

I give my body only what it needs

I give my body only what it requires

my food and energy is in balance

my food and fuel is in balance

I am in tune with my body

I release unhealthy food appetites

I release unnatural food appetites

I release unwanted food appetites

I release emotional eating

I release instinctive eating

I release thoughtless eating

I release spontaneous eating

all my meals are planned consciously

all I consume is planned consciously

I think before I eat

I reflect before I eat

I listen to my body before I eat

I listen to my body while I eat

I listen to my needs before I eat

I listen to my needs while I eat

You release the need to eat emotionally

You release the need for food pleasure

You release all food addictions

You use food only for energy

You plan your food enjoyment

You plan your meals

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You eat slowly and consciously

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You release instinctive eating

You release thoughtless eating

You release spontaneous eating

all your meals are planned consciously

all You consume is planned consciously

You think before You eat

You reflect before You eat

You listen to your body before You eat

You listen to your body while You eat

You listen to your needs before You eat

You listen to your needs while You eat

## **Turbo Metabolism**

I have a high metabolism

my metabolism is fast

my metabolism is strong

my metabolism supports me

my metabolism supports my healthy lifestyle

my metabolism supports my ideal weight

my metabolism supports my target weight

I burn fat while I sleep

I burn fat while I eat

I burn fat while I'm awake

I burn fat while I exercise

I burn fat 24 hours a day

my metabolism is strong

my metabolism is healthy

my metabolism is natural

my metabolism keeps me slim

my metabolism keeps me healthy

my metabolism keeps me strong

my metabolism keeps me happy

my metabolism regulates my body

my metabolism regulates my healthy consumption

I easily burn fat

I always burn fat

I quickly burn fat

I naturally burn fat

my metabolism supports my life

my metabolism supports my ideal weight

my metabolism supports my lifestyle

my metabolism is perfect for me

my metabolism is ideal for me

my metabolism keeps me slim

my metabolism keeps me healthy

my metabolism keeps me strong

my metabolism gives me plenty of energy

my metabolism gives me all the energy I need

my metabolism gives me all the support I need

my metabolism makes me happy

my metabolism makes me slim

my metabolism makes me healthy

my metabolism makes me strong

my metabolism makes me flexible

I am in tune with my body

I am in tune with my energy

I am in tune with my fuel

I am in tune with my metabolism

I am in harmony with my body

I am in harmony with my fuel

I am in harmony with my energy

I am in harmony with my metabolism

my metabolism is fast

my metabolism is strong

my metabolism is powerful

my metabolism is supportive

my metabolism is healthy

my metabolism takes care of me

my metabolism is tireless

my metabolism is unstoppable

You have a high metabolism

your metabolism is fast

your metabolism is strong

your metabolism supports you

your metabolism supports your healthy lifestyle

your metabolism supports your ideal weight

your metabolism supports your target weight

You burn fat while You sleep

You burn fat while You eat

You burn fat while You're awake

You burn fat while You exercise

You burn fat 24 hours a day

your metabolism is strong

your metabolism is healthy

your metabolism is natural

your metabolism keeps you slim

your metabolism keeps you healthy

your metabolism keeps you strong

your metabolism keeps you happy

your metabolism regulates your body

your metabolism regulates your healthy consumption

You easily burn fat

You always burn fat

You quickly burn fat

You naturally burn fat

your metabolism supports your life

your metabolism supports your ideal weight

your metabolism supports your lifestyle

your metabolism is perfect for you

your metabolism is ideal for you

your metabolism keeps you slim

your metabolism keeps you healthy

your metabolism keeps you strong

your metabolism gives you plenty of energy

your metabolism gives you all the energy You need

your metabolism gives you all the support You need

your metabolism makes you happy

your metabolism makes you slim

your metabolism makes you healthy

your metabolism makes you strong

your metabolism makes you flexible



You are in tune with your body

You are in tune with your energy

You are in tune with your fuel

You are in tune with your metabolism

You are in harmony with your body

You are in harmony with your fuel

You are in harmony with your energy

You are in harmony with your metabolism

your metabolism is fast

your metabolism is strong

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your metabolism is supportive

your metabolism is healthy

your metabolism takes care of you

your metabolism is tireless

your metabolism is unstoppable

## **Love Exercise**

I love exercise

I love moving my body

I love increasing my heart rate

I love strengthening my muscles

I love training

I love increasing my breathing rate

I love increasing my fitness

I enjoy exercising

I enjoy moving my body

I enjoy increasing my heart rate

I enjoy strengthening my muscles

I enjoy increasing my heart rate

I enjoy training

exercising is healthy

exercising is fun

exercising is sexy

exercising is enjoyable

exercising brings me happiness

exercising creates good feelings

exercising creates a positive attitude

I use exercise to release stress

I use exercise to release anxiety

I use exercise to calm my mind

I use exercise to calm my body

I regularly exercise

I routinely exercise

exercise is part of my life

I love stretching

I enjoy stretching

I love strength training

I enjoy strength training

I love cardio

I enjoy cardio

exercise brings me happiness

exercise brings me health

exercise brings me sex appeal

exercise brings me charisma

exercise brings me personal magnetism

exercise brings me attraction

exercise brings me popularity

exercise brings me love

exercise brings me fulfillment

exercise brings me positive energy

exercise makes me happy

exercise makes me healthy

exercise makes me sexy

exercise makes me charismatic

exercise makes me personally magnetic

exercise makes me attractive

exercise makes me popular

exercise makes me more fulfilled

exercise gives me more positive energy

exercise strengthens my mind

exercise strengthens my spirit

exercise strengthens my relationships

exercise strengthens my resolve

exercise increases my intelligence

You love exercise

You love moving your body

You love increasing your heart rate

You love strengthening your muscles

You love training

You love increasing your breathing rate

You love increasing your fitness

You enjoy exercising

You enjoy moving your body

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exercise brings you happiness

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exercise brings you positive energy

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exercise makes you healthy

exercise makes you sexy

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exercise makes you personally magnetic

exercise makes you attractive

exercise makes you popular

exercise makes you more fulfilled

exercise gives you more positive energy

exercise strengthens your mind

exercise strengthens your spirit

exercise strengthens your relationships

exercise strengthens your resolve

exercise increases your intelligence





# Healthy Sleep

I sleep easily

I sleep deeply

I sleep soundly

I sleep naturally

I sleep comfortably

I sleep regularly

I sleep fully

I sleep completely

I sleep with ease

I sleep restfully

I sleep restoratively

I sleep normally

I sleep quietly

I sleep passively

I sleep with ease

I love sleeping

I love dreaming

I fall asleep easily

I fall asleep quickly

I fall asleep naturally

I fall asleep routinely

I fall asleep normally

I get plenty of sleep every night

I sleep deeply every night

I sleep soundly every night

I sleep comfortably every night

I sleep quietly every night

I sleep passively every night

I always get a full night's sleep

I always get a comfortable night's sleep

I always get a restful sleep

my body repairs itself while I sleep

my body releases stress while I sleep

my body releases anxiety while I sleep

my body releases tension while I sleep

my body releases worry while I sleep

my body releases toxins while I sleep

my body releases negative energy while I sleep

my body releases unwanted energy while I sleep

my body releases unwanted experiences while I sleep

I look forward to sleep every night

I look forward to a deep and restful sleep

I lose weight while I sleep

I burn fat while I sleep

I heal from disease while I sleep

my body recovers while I sleep

my body strengthens itself while I sleep

my body rejuvenates while I sleep

my body rebuilds while I sleep

my sleep is healthy

my sleep is natural

my sleep is pure

my sleep is comfortable

my sleep is enjoyable

my sleep is restful

my sleep is routine

my sleep is deep

my sleep is fulfilling

my sleep is peaceful

my sleep is helpful

my sleep is healthy

You sleep easily

You sleep deeply

You sleep soundly

You sleep naturally

You sleep comfortably

You sleep regularly

You sleep fully

You sleep completely

You sleep with ease

You sleep restfully

You sleep restoratively

You sleep normally

You sleep quietly

You sleep passively

You sleep with ease

You love sleeping

You love dreaming

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your sleep is healthy

your sleep is natural

your sleep is pure

your sleep is comfortable

your sleep is enjoyable



your sleep is restful

your sleep is routine

your sleep is deep

your sleep is fulfilling

your sleep is peaceful

your sleep is helpful

your sleep is healthy

## **Water Lover**

I love water

I enjoy water

I love the taste of water

I love the feel of water

I drink water

I drink plenty of water

I enjoy drinking plenty of water

I enjoy drinking a lot of water

I drink water in the evening

I drink water in the morning

I drink water in the afternoon

I drink water at home

I drink water at work

I drink water when I'm exercising

I drink water when I'm eating

I drink water when I'm relaxing

water makes me feel good

water makes me feel happy

water makes me feel sexy

water makes me feel relaxed

water makes me feel energized

water makes me feel fantastic

water makes me feel healthy

water makes me feel pure

water makes me feel clean

I love the taste of water

I love the feel of water

I love the effects of water

I love the smell of water

I love the feeling of water

I drink water when I wake up

I drink water before I go to sleep

drinking water reduces stress

drinking water reduces anxiety

drinking water curbs hunger

drinking water increases enjoyment

drinking water cleanses my body

drinking water cleanses my spirit

drinking water purifies me

drinking water heals me

drinking water supports me

water is good

water is delicious

water is healthy

water is helpful

water is supportive

water helps me

water supports me

water cleanses me

water heals me

water fulfills me

water detoxifies me

water pleases me

water comforts me

water is always there for me

water takes care of me

water cures me

water balances me

You love water

You enjoy water

You love the taste of water

You love the feel of water

You drink water

You drink plenty of water

You enjoy drinking plenty of water

You enjoy drinking a lot of water

You drink water in the evening

You drink water in the morning

You drink water in the afternoon

You drink water at home

You drink water at work

You drink water when You're exercising

You drink water when You're eating

You drink water when You're relaxing

water makes you feel good

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water supports you

water cleanses you

water heals you

water fulfills you

water detoxifies you

water pleases you

water comforts you

water is always there for you

water takes care of you



water cures you

water balances you

# Healthy Food

I eat healthy food

I enjoy healthy food

I enjoy eating healthy food

I love eating healthy food

I eat food that supports me

I eat food that heals me

I eat food that cleanses me

I eat food that supports my ideal weight

I eat food that supports my ideal body

I eat food that supports my ideal lifestyle

I love the taste of healthy food

I love the smell of healthy food

I love the feeling of healthy food

I love to cook healthy food

I love to eat healthy food

I love to shop for healthy food

I love to prepare healthy food

I love to learn about healthy food

I love to investigate healthy food

I love to research healthy food

I love to think about healthy food

healthy food makes me feel good

healthy food makes me feel full

healthy food makes me feel happy

healthy food makes me feel sexy

healthy food makes me feel relaxed

healthy food makes me feel satisfied

healthy food makes me feel sated

healthy food makes me feel healthy

healthy food makes me feel invigorated

healthy food makes me feel free

healthy food makes me feel energized

healthy food makes me feel enthusiastic

healthy food makes me feel excited

healthy food makes me feel motivated

healthy food brings me love

healthy food brings me happiness

healthy food brings me success

healthy food brings me prosperity

healthy food brings me greater relationships

healthy food improves my life

healthy food improves my body

healthy food improves my income

healthy food improves my home

healthy food improves my relationships

healthy food improves my family

healthy food enhances my life

healthy food enhances my body

healthy food enhances my income

healthy food enhances my home

healthy food enhances my relationships

healthy food enhances my family

healthy food heals me

healthy food supports me

healthy food satisfies me

healthy food takes care of me

healthy food sates me

healthy food heals me

healthy food vitalizes me

healthy food cures me

healthy food enhances me

healthy food maximizes me

You eat healthy food

You enjoy healthy food

You enjoy eating healthy food

You love eating healthy food

You eat food that supports you

You eat food that heals you

You eat food that cleanses you

You eat food that supports your ideal weight

You eat food that supports your ideal body

You eat food that supports your ideal lifestyle

You love the taste of healthy food

You love the smell of healthy food

You love the feeling of healthy food

You love to cook healthy food

You love to eat healthy food

You love to shop for healthy food

You love to prepare healthy food

You love to learn about healthy food

You love to investigate healthy food

You love to research healthy food

You love to think about healthy food

healthy food makes you feel good

healthy food makes you feel full

healthy food makes you feel happy

healthy food makes you feel sexy

healthy food makes you feel relaxed

healthy food makes you feel satisfied

healthy food makes you feel sated

healthy food makes you feel healthy

healthy food makes you feel invigorated

healthy food makes you feel free

healthy food makes you feel energized

healthy food makes you feel enthusiastic

healthy food makes you feel excited

healthy food makes you feel motivated

healthy food brings you love

healthy food brings you happiness

healthy food brings you success

healthy food brings you prosperity

healthy food brings you greater relationships

healthy food improves your life

healthy food improves your body

healthy food improves your income

healthy food improves your home

healthy food improves your relationships

healthy food improves your family

healthy food enhances your life

healthy food enhances your body

healthy food enhances your income

healthy food enhances your home

healthy food enhances your relationships

healthy food enhances your family

healthy food heals you



healthy food supports you

healthy food satisfies you

healthy food takes care of you

healthy food sates you

healthy food heals you

healthy food vitalizes you

healthy food cures you

healthy food enhances you

healthy food maximizes you

## **Flexible Body**

my body is lean and strong

my body is flexible and lean

my body is strong and flexible

my muscles are flexible and strong

my tendons are flexible and strong

I am limber and strong

I am flexible and strong

I enjoy stretching my body

I enjoy stretching my legs

I enjoy stretching my arms

I enjoy stretching my lower back

I enjoy stretching my shoulders

I enjoy stretching my neck

I stretch in the morning

I stretch in the evening

I stretch before I exercise

I stretch after I exercise

I stretch to relax

I stretch to reduce stress

I stretch to reduce anxiety

I stretch to improve health

I stretch to improve my mind

I stretch to improve my spirit

I stretch to improve my life

I stretch to improve my thinking

I stretch to clear my mind

I stretch to clear my spirit

stretching heals me

stretching comforts me

stretching relaxes me

stretching strengthens me

stretching helps me focus

stretching helps me think

stretching helps me relax

stretching helps me release

stretching helps me find comfort

stretching helps me find peace

stretching makes me happy

stretching makes me relaxed

stretching makes me feel good

stretching makes me healthy

stretching makes me rejuvenated

stretching keeps me healthy

stretching keeps me centered

I am relaxed and limber

I am relaxed and strong

my muscles are strong

my muscles are relaxed

my muscles are healthy

my muscles are flexible

my muscles are tone

my muscles support me

my muscles help me

my muscles take care of me

my muscles are powerful

my muscles are agile

my muscles are fluid

my body is strong

my body is tone

my body is flexible

my body is relaxed

my body is limber

my body is fluid

my body is powerful

my body is elegant

your body is lean and strong

your body is flexible and lean

your body is strong and flexible

your muscles are flexible and strong

your tendons are flexible and strong

You are limber and strong

You are flexible and strong

You enjoy stretching your body

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stretching makes you feel good

stretching makes you healthy

stretching makes you rejuvenated

stretching keeps you healthy

stretching keeps you centered

You are relaxed and limber

You are relaxed and strong

your muscles are strong

your muscles are relaxed

your muscles are healthy



your muscles are flexible

your muscles are tone

your muscles support you

your muscles help you

your muscles take care of you

your muscles are powerful

your muscles are agile

your muscles are fluid

your body is strong

your body is tone

your body is flexible

your body is relaxed

your body is limber

your body is fluid

your body is powerful

your body is elegant

## Contact

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