

YOUR DAILY INSPIRATION FOR DETOX & WEIGHT LOSS

20 Habits To Help Ditch The Diet Forever

1. HONOR yourself.
2. Aspire to be truly good to yourself at every opportunity.
3. Follow your program to reduce stress. Reduction of stress results in a release of toxins and loss of weight.
4. Eat simply.
5. Get enough rest.
6. Take time for yourself.
7. Ask for support from your friends & family.
8. Drink 80 ounces of lemon water a day.
9. Eat foods that are free of hormones. Hormones can interfere with your metabolism.
10. Listen to your body and make sure you are nourishing it with healthy foods.
11. Practice proper portion control.
12. Get your heart pumping, remembering that exercise provides not only physical results but also greatly improves your mental state.
13. Ditch all the processed foods.
14. Choose to be positive.
15. Eat foods that promote healing & health.
16. Create a book of pictures that inspire you and refer to it when you need.
17. Say your daily affirmations.
18. At least once a day, dance.
19. At least once a day, hug yourself.
20. Practice feeling calm while knowing **we are not perfect.**

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21 Daily Affirmations To Love Yourself Into The Body You Deserve

“It is never just about the food on your plate; Love yourself and the body you deserve and want is yours for the taking.”

1. I love myself, therefore, I behave in a loving way to all people for I know that that which I give out returns to me multiplied.
2. I only attract loving people in my world for they are a mirror of what I am.
3. I am open and receptive to all the good and abundance in the Universe.
4. Today is a delightful day. Money comes to me in expected and unexpected ways.
5. I lovingly do everything I can to assist my body in maintaining perfect health.
6. When your interpretation changes, so does your reality.
7. May my mind and heart be pure and true, and may I not deviate from the things of goodness. May I see the love and innocence in all mankind, behind the masks we all wear, and the illusions of this worldly plane? May angel's wings be lent to me that I might fly above the noise and turmoil of the world? With every moment's flight, may something beautiful be revealed to me, and become a part of who I am.
8. I consciously commit to flexibility and detachment.
9. I allow myself and those around me the freedom to be themselves, without imposing rigid ideas of right and wrong.
10. I release the need to judge or criticize.
11. Whenever I notice that I am becoming emotionally attached to a point of view, I take a deep breath and come back to a more centered place.
12. I have the ability to accomplish any task I set my mind to with ease and comfort.
13. Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.
14. I have infinite patience when it comes to fulfilling my destiny.
15. I would rather be loathed for who I am than loved for whom I am not.
16. The right circumstances and the right people are already here and will show up on time.
17. I am willing to attract all that I desire, beginning here and now.

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18. I have access to unlimited assistance. My strength comes from my connection to my Source of being.
19. All is well in my world and I trade love and acceptance with the world.
20. I have high self-esteem as I respect myself.
21. **I am loved.**

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