



LIT & FIT Mindful Eating Affirmations

Welcome to LIT & FIT Affirmations for Mindful Eating. Opening your mind and listening to these words often, you will build new pathways in your brain to become more aware of what you eat and how you eat. Feel free to repeat these affirmations in your mind or out loud as you listen.

I am in tune with my body and what it needs.

I choose nourishing foods that fuel and rejuvenate my body.

I let go of unreasonable diets that no longer serve me for my highest good.

I am open to savory, nutritious choices now.

I create an intentional atmosphere for calm mealtime.

Mindful eating is my new way.

I sit down at the table when I eat.

I think before I take my first bite.

I put food in my mouth mindfully.

My mind is calm around food.

I feel a new relaxation in mind and body at mealtime.

I feel my body relax.

I desire smaller portions.

I embrace foods that nourish me.

I choose to prepare my day and week with healthy selections of nutrients, vitamins and minerals that fuel my body.

Intentional prep to fuel my body is key.

I discover new food nourishing options.

I feel energized as I feed my body what it needs.

I select my food carefully with best intentions in mind.

I realize I don't need food in between meals.

I know that my body will always know when it is truly hungry. I remind myself of my WHY. What is it that really drives me to a body of wellness? Go ahead and think about

what this is for a minute. What comes up for you? Journal this. Feel it in your heart. Set an intention with what you discover.

I select the best options that move me forward to a body of alignment.

I remember my best, higher self avatar, my strong identity now.

I remember why I am choosing this new and better way of eating.

If I do feel hungry when it's not mealtime, I follow this guideline.

Step 1, I hydrate my body with a full glass of water.

Step 2, I ask myself, "How hungry am I on the scale from 1-10?." I dial into that. If the water satisfies, I walk away with joy and gratitude in my heart. If I am still hungry, then I follow step 3.

Step 3, If I am truly hungry, then I choose fresh produce and 1-ingredient foods first.

I remember that right before meal time it's best for me to be at a 2 or 3.

I remember to eat smaller portions on my plate.

I remind myself that a fist size satisfies. I feel full now.

Step 4, I walk away and move to the next right thing.

At meal time, I follow these guidelines:

Small portions. I enjoy a plate of fruits, vegetables, lean protein, healthy fats like avocados and carbs.

I listen to my body and what it needs.

I chew my food several times before I swallow.

I eat slow and savor every bite.

I taste the ingredients in my food.

As I swallow my food, I feel it going down into my throat, settling easily and calmly into my stomach.

The flavors, the morsels of food are enjoyable and burst off my tongue.

I can really taste my food.

The delicious flavors pop in my mouth.

I taste the nutrition and feel it fueling my body.

I feel myself slow down.

I let go of nervousness around food.

I let go of fear of food.

I welcome leaving a bite or 2 on my plate.

I choose to eat real food in its natural form.

I am 100% aware of everything I eat.

I let go of secret eating as I eat with a calm smile of confidence.

I forgive myself for the way I have eaten or felt around food in the past. I let this go now. I exhale it out now. I breathe in calm, peace with myself, forgiveness and love. A feeling of gratitude flows through me knowing I am taking my time to really enjoy my food.

I am aware of my body and it's hunger and health signals.

I trust my body to send signals to my brain to stop when I am pleasantly satisfied.

As I tap into the signal, I listen and train my brain to know it's time to stop.

I respect myself so much that I choose to no longer become stuffed. I stop eating at a 7 on my appetite scale. I welcome ending mealtime when I am a 7.

I feel amazing when I eat nutritious food that is just right for me.

I hydrate my body throughout the day.

I drink water during and after exercise.

I hydrate before, during and after each meal.

I fuel my body.

I sleep better as I take care of me.

As I tune into my body's signals and needs, I listen more carefully to what I need.

I know that eating food in it's most natural form will always give me the right signals of appetite and fullness.

I train myself to eat the right amounts knowing that I will stop eating when I am pleasantly satisfied.

As I discover what is the right portion size for me and my body, I dial in and am aware of my body sensations from head to toe.

I raise awareness to food intolerances and allergies, if any.

I embrace my body and it's signals.

I enjoy my new found freedom of whole foods.

I no longer crave processed foods. These no longer appeal to me. No thank you.

I remember to interrupt before engaging in old habits or patterns.

I pause and choose the new way.

I allow my body to get to a gentle hunger or pleasant appetite and I feel that within my body.

Food does not consume my life but rather it compliments my life, in just the right amount.

Every time that I listen to this, I am deeply aligned to food that fuels me with the best natural energy.

I love healthy food.

I know that my body will respond best to food in it's most natural form.

I am kind to my body. I am kind to myself.

I bring kind attention to the present moment.

The more I listen to this recording the more old habits fade away and die.

I am free to create my own destiny. I am free to create my own life.

I embrace myself with grace and I honor my decision to choose a body of wellness.

I feel happy to know that there are no more diets in my life ever. I know that eating right can become as natural as breathing. I am slowly and steadily making progress every day to attain and maintain my ideal healthy weight. I am retraining my brain moment and practice with kindness moment to moment. I am becoming the best version of me.

Letting Go

When we are told we can't do something or have something, we automatically want it and think about it more.

Your guidelines, your positives.

More relaxing, more in control and you have a good reason, it all makes sense. No restrictions. No complete denial of something. You do something on your own terms in your own way and time. SOMething positive to motivate you.

Something to motivate you to feel more of. Just sink into this realization, letting these examples go. Fade from your mind.

End diets and cravings cycles once and for all. Breathing deeply, connecting to your breath for a few moments. This has more to do with the relaxation of choices. Freedom of choices. Getting away from feast or famine. Pay attention to your natural appetite and satisfaction First commitment is to never starve yourself ever again. At first you may have a settling in period where you do want to try everything you have deprived yourself of. But rest assured this will calm and fade in time as you send positive feedback to body and brain. Metabolism will level out and your mind will relax around food. Ensure that you never go longer than a few hours without food. And allowing yourself the enjoyment of eating. You are going to start to correct the deficit of enjoyment the deficit of deprivation.

No more all or nothing

No more feast or famine

Just regular rhythm of meal times

Open a book in your mind, one you will see and no one else

Trace back from recent diet or restriction you have given yourself. Not just diets, trade offs, games you played. Write down all these rules, fads, restrictions and games. Write down the first rule, recognize, getting curious about the emotions that come up. Go back further in your past. How did these restrictions effect your social life, your personal life? Restrict more - more successful. Channel any tension anything that comes up at all. From this history. See it as it comes up. What color is it? Channel it, as it flows down your arms. From the neck and the heart, the stomach and the legs. The arms and the mind. Feel all that energy all that worry all the counting all the nervousness all the stress of possibly breaking these rules. Channel all this into writing one page after another until you feel it is all out of you and on to a

page. And write another page and another. And now, in your own time, you can burn the book rip each page out one by one into the air. You can put each page into a shredder. You can bury the book in a deep dark hole with a spade digging deep. Whatever works for you to free yourself from these restrictions. To feel free, the freedom of trusting yourself again. As you remove each page, whether shredding or burning, digging deep, feel the energy and satisfaction getting rid of every rule, every doubt, every word every worry. All this unhealthy focus all this externally managed and dictated, controlled and rules. As the pages go, feel a weight lifting. Know that you have freed yourself up feeling lighter without the burden of the book. Letting go feeling your hands free again. And so now you can just relax back engaging with your breath, engaging with your heart beat. Feeling any temporary, uncomfortable emotion, just dissolve. Knowing you have already done good work to align yourself with how the mind works of understanding only positive. Simply now see you have more choices. You have equal access to all food. Now all food is permitted, nothing is prohibited. Really sink into thought this feeling. How does that feel to know that all food is permitted. Nothing is off limits. Always keeping in mind of any allergies and intolerances. How good does it feel to have choices and options. Instead of denying and depriving yourself, realize now that you have equal access to all food. It simply loses it's emotional Instead of something to be feared and craved, you feel calmer and calmer around food and meal times. As you open up to relaxing and to eating notice how any tension, pressure or craving subsides. There is nothing to fear or crave. Everything is equal. So embrace your choices now. And feeling that external struggle dissipate. Feeling that 100% OF YOUR MIND ALIGNS. Your resolve to connect even more deeply with your body's natural internal wisdom. As it is so simple to know how to eat well. ANd you start to notice your body feel it in a way you have not in such a long time. Deeper and deeper. And imagine now that you are at home in your kitchen and notice now as you look at all your foods. Just notice that they are equal now and you can look at them with calm. You are free to take whatever and free to expand your choices around food. And notice the different colors, flavors and textures of food. Connect more deeply to your stomach and your body, you open up to greater choices, increase variety on your plate. Realize now that you have lots of choices. Choosing the variety of food in it's most natural form. And just pick a few things in your mind's eye putting them on your plate. Knowing that you will enjoy it even more if you have a few contrast flavors. Slowing down, sitting down, taking a few more seconds at every meal. Knowing that food is for enjoyment as well as nutrition. Taking small mouthful knowing that you are meant to enjoy every mouthful. Perhaps in the past when you were over indulging, you didn't enjoy that over indulgence. As emotions took over. Disconnected from your taste buds. Your body,

your stomach. Learning to trust your body's signals more and more. Diets were a recent invention. The world was a slim and healthy place way before diets. As you let go of the emotion around food, fear the cravings. Start to eat appropriate portion sizes that reflect your true and real appetite and satisfaction. Never starving, never stuffed. Never depriving yourself and Never over eating, In the same way that you would not take an extra pill, however you will only eat appropriate portions and a variety of foods. Always putting food on a plate or in a bowl. Always sitting down at every meal. Tuning out external distractions. All your focus eating and enjoying your food. Taking a few extra seconds, seconds to minutes, minutes becoming at least 20 minutes for every meal, bite or snack. This will just become habit. Trust your body, trust your mind. In a moment, count you up from one to 10. Before I Do so, remember you have done good today. Silently commit as Any moment, any word, any phrase that you want to focus on. Will Deepen in effect.

- 1 - Feeling calm and relaxed
- 2- Good work to free yourself up
- 3 - Trusting inner wisdom of mind and body
- 4 - Embracing the choices variety of food
- 5 - Agreeing to Enjoy every bite, meal and snack
- 6 - Finding that Every bite you take is mindful and intentional
- 7- Coming up a little bit higher, feeling free and happy
- 8- Letting go of any unhelpful emotions and focus around food
- 9- Staying with calm, connecting to your body , to heart beat
- 10- Up up up, Eyes open, wide awake, deep breath in....and exhale