

## LOSING WEIGHT IS A FUN GAME

As I read these lines while holding this card in my hand, I will find this card dropping out of my hand, without any conscious effort.

And so, through the day and night the extra weight will drop from my body, from my mind, which was holding on to this weight, until soon, and far sooner than I may think, I will find myself contented happy and free from the burden of the extra weight.

My perfect weight is \_\_\_\_\_ My perfect size is \_\_\_\_\_

I will weigh \_\_\_\_\_ on or before \_\_\_\_\_

### **Self Hypnosis instructions to be read before any food is eaten:**

**TAKE A LONG, SLOW DEEP BREATH IN THROUGH YOUR NOSE, HOLD TO THE COUNT OF 4 — EXHALE THROUGH YOUR MOUTH AND COUNT FROM 8 TO 1 AND READ:**

8. I am relaxed totally and completely; mentally and physically.
7. I am losing from 2 to 7 lbs. per month consistently, until I reach my goal weight.
6. I am losing weight and feeling incredible.
5. I am eating less and enjoying it more.
4. My appetite and hunger are both satisfied quickly.
3. I am leaving food on my plate and feeling great about it.
2. I am losing from 2 to 7 lbs. consistently, per month until I reach my perfect goal weight.
1. I visualize myself as I will look when all the extra weight is off.
0. All suggestions are a permanent part of me and effective NOW. . . .