

# *Affirmations*

I will save money, because eating more costs more.

When I eat fast food, which will be less often, I will make better choices.

I will feel better about myself, and know that I look better.

My insurance premiums will be reduced, because I am not in a high-risk group.

I will enjoy the children in my life and be a better role model for them.

My productivity will improve because I will have more energy and be better able to focus. I know this can chip away at my earning potential and efficiency, so I choose to control it!

