

# FAT FIX BLESSING

You are now ready to begin the 30 day program. You have read the FAT FIX INFO section, and are ready to begin. Print off this entire section, and start at the beginning and work your way down.

## 1. WHAT IS YOUR INTENTION FOR THE BODY YOU DESIRE TO RECOVER OR CREATE?

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## 2. GAINING AWARENESS ABOUT YOUR EATING HABITS.

Please answer the following statements:

- I eat when I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am eating with others, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I go to a restaurant, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am upset I eat \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am bored I eat \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am lonely I eat \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am celebrating I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am angry I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am mad, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am glad, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am frustrated, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
  
- When I am stressed, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_

- When I am happy, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
- When I am depressed, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
- When I am alone and no one knows, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_
- When I am in my car, I \_\_\_\_\_  
and instead I could choose: \_\_\_\_\_

## 2. WHAT OVERALL DIFFERENT CHOICES CAN I MAKE – PHYSICALLY, MENTALLY, SPIRITUALLY OR EMOTIONALLY?

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## 3. WHAT ACTIONS I AM TRULY WILLING TO COMMIT TO & FOLLOW THROUGH ON FOR THE 30 DAY REPROGRAMMING PHASE OF THE FAT FIX? Check all applicable:

- Walk 20 min daily & say the affirmation during the walk
- Drink water daily and say the affirmation as I am drinking the water
- Do the mirror exercise daily and say the affirmation
- Do the re-programming exercise daily, getting the old negative programming out and putting in new positive programming.
- Post the affirmations in my home, car & / or office and read them daily.
- Do the diet of my choice as best I can, and if I choose to go off for a meal, get right back on the next meal for the 30 day period.

## 4. SUPPORT OR NURTURING

Who can help me stay focused and/or assist me in making new choices for myself for the 30 day reprogramming phase and perhaps after?

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## 5. CHOOSE AN ANGL TO ASSIST YOU...SO YOU CAN REQUEST YOUR BLESSING

The angels that have agreed to help earthings with this Fat Fix Blessing are: Raphael, Michael, Jesus, Gabriel and Uriel. You do that as follows:

- **Pray.** Ask your higher power or the “God” that you believe in to have the angels help you with this agreement now. If you feel you do not have a higher power, then just ask us angels to help you.
- **Say this to connect to your angel:**

Open sacred space and connect me to [name of angel] now in a crystal clear channel. Then pause for a about a minute until you are connected.

- **State your agreement to have the Fat Fix done for you as follows. You do this one time only – out loud:**

I am willing to change my diet and do some extra walking daily, do the mental reprogramming writing exercises and use the affirmations, so the Fat Fix Blessing can work for me. I am asking that you start the Fat Fix Blessing now.

I understand that you will release anything and everything in all ways as I do the reprogramming work, so that I may change my experience from being or feeling fat to being fit and healthy. I understand that you and the other angels want to help me, that you can help me and that you will do everything in your power to help me achieve this goal.

After you clear out any and all fat programming, I understand that you will insert new positive programming with the qualities that would most benefit me in creating what would be a “healthy” amount of fat for my body size and structure and also a program to maintain that new “healthy” amount of fat for me in this society. I understand that this will also affect my body weight so it is in the healthy range for me whether I am currently experiencing either an “over weight” or “under weight” body.

In other words, in all ways, [name of angel], Fix it!

- **At this point, you can tell your angel what you personally want in that space that has been emptied.** Some things you may personally want could be flexibility, freedom from addiction, a slender body, a healthy slim & trim body, being comfortable in your clothes, feeling good about yourself, etc., Tell him out load, starting with the following statement:

In addition to whatever qualities you are putting in for me, I want you to put in the following:

\_\_\_\_\_

- **Then, thank your angel, God and whoever else you feel helped you.**

Following are 30 pages of Daily Logs, with one page for each day. Each of the steps is listed on each page as well as a place for you to document your food. Many diets require food documentation because it helps you become accountable for what you are eating. If your diet counts points, calories, carbs, fat or whatever, you can put them there as well.

After the Daily logs, there are three pages of affirmations. Print these off on brightly colored paper, cut them up into squares and tape them or place them where you will see them as you walk around your house or office. These will also help reprogram your mind.

Some of you will not lose all of the fat you want to lose by the end of the 30 days. If that is true for you, then simply print off a new set of pages and start over. Do all of the exercises again as if you had not done them before. If you have been playing the “fat game” for a long time, there is a good chance that you have just a tad more re-programming to do.

Just KNOW that every belief that you can dredge up is one more negative gone out of your life, and one more positive put in. Doing the reprogramming is worth your time and your effort to finally become the “you” you have always wanted to be.

You have already begun the mental part of the Fat Fix and it is time to start the physical part. We are here to help you, and want you to know that you are truly blessed. Just start the steps and allow the magic to happen!

## FAT FIX BLESSING – DAILY LOG - DAY 1

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY "CANCEL" WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: EXERCISE MAKES ME FEEL GOOD
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>DIETS DON'T WORK FOR ME BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSITIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>THIS IS EASY</b>

## FAT FIX BLESSING – DAILY LOG - DAY 2

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I DON'T LIKE DIETING BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>THIS PROGRAM MAKES ME FEEL GOOD</b>

## FAT FIX BLESSING – DAILY LOG - DAY 3

FOOD AS SPECIFIED ON MY DIET			EAT AT LEAST 4 TIMES PER DAY
BREAKFAST	LUNCH	DINNER	
SNACK	SNACK	SNACK	

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I DON'T LIKE DRINKING WATER BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I KNOW THIS PROGRAM IS WORKING FOR ME</b>

## FAT FIX BLESSING – DAILY LOG - DAY 4

FOOD AS SPECIFIED ON MY DIET		EAT AT LEAST 4 TIMES PER DAY
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY “ <b>CANCEL</b> ” WHEN YOU “ <b>HEAR</b> ” NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: EXERCISE MAKES ME FEEL GOOD
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>DIETS ARE HARD BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO “DO THE FAT FIX BLESSING NOW” SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY “ <b>CANCEL</b> ” AND REPEAT PHRASE ON RIGHT	<b>THIS PROGRAM WORKS FOR ME</b>

## FAT FIX BLESSING – DAILY LOG - DAY 5

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I DON'T LIKE TO EXERCISE BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LOVE WHO I AM BECOMING</b>

## FAT FIX BLESSING – DAILY LOG - DAY 6

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>THIS WILL NEVER WORK BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I FEEL GOOD</b>

## FAT FIX BLESSING – DAILY LOG - DAY 7

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I KNOW I'LL FAIL BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM A SACRED BEING</b>

## FAT FIX BLESSING – DAILY LOG - DAY 8

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I GET CONFUSED BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM GETTING HEALTHIER EVERY DAY IN EVERY WAY</b>

## FAT FIX BLESSING – DAILY LOG - DAY 9

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I DON'T LIKE OR HATE MYSELF BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM PERFECT THE WAY I AM</b>

## FAT FIX BLESSING – DAILY LOG - DAY 10

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I WANT TO BUT I CAN'T BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LOVE WHO I AM</b>

## FAT FIX BLESSING – DAILY LOG - DAY 11

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, SAY I LOVE YOU TO YOURSELF	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I DON'T LIKE MY APPEARANCE BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM BEAUTIFUL</b> OR <b>I AM HANDSOME</b> OR <b>SOME OF EACH</b>

## FAT FIX BLESSING – DAILY LOG - DAY 12

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, SAY I LOVE YOU TO YOURSELF	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I CAN'T STAY ON A DIET BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>THIS IS SIMPLE</b>

## FAT FIX BLESSING – DAILY LOG - DAY 13

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>DIETS DON'T WORK FOR ME BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>THIS PROGRAM IS EASY</b>

## FAT FIX BLESSING – DAILY LOG - DAY 14

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I NEVER OR CAN'T REACH MY GOAL BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM WONDERFUL</b>

## FAT FIX BLESSING – DAILY LOG - DAY 15

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I WANT TO LOSE WEIGHT AND/OR FAT BUT....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM SUCCESSFUL</b>

## FAT FIX BLESSING – DAILY LOG - DAY 16

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>THIS IS HARD BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>THIS IS EASY</b>

## FAT FIX BLESSING – DAILY LOG - DAY 17

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>WHEN NO ONE IS LOOKING I....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM RECLAIMING MY BEAUTY    OR</b> <b>I AM RECLAIMING MY HANDSOMENESS</b>

## FAT FIX BLESSING – DAILY LOG - DAY 18

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: EXERCISE MAKES ME FEEL GOOD
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I HATE BEING FAT BECAUSE....      OR</b> <b>I HATE BEING SKINNY BECAUSE...</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LIKE MYSELF</b>

## FAT FIX BLESSING – DAILY LOG - DAY 19

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>DIETING DOESN'T WORK FOR ME BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LOVE MYSELF MORE EVERY DAY</b>

## FAT FIX BLESSING – DAILY LOG - DAY 20

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>LIFE IS HARD BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM LOVED</b>

## FAT FIX BLESSING – DAILY LOG - DAY 21

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I CAN'T DO THIS BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I FEEL GOOD</b>

## FAT FIX BLESSING – DAILY LOG - DAY 22

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I AM AFRAID BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM SAFE</b>

## FAT FIX BLESSING – DAILY LOG - DAY 23

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>EVERY TIME OR WHEN I DIET....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LOVE MYSELF MORE EVERY DAY</b>

## FAT FIX BLESSING – DAILY LOG - DAY 24

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I HAVE TO HAVE .... BECAUSE</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I HAVE EVERYTHING I NEED</b>

## FAT FIX BLESSING – DAILY LOG - DAY 25

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I HATE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM LOVING</b>

## FAT FIX BLESSING – DAILY LOG - DAY 26

FOOD AS SPECIFIED ON MY DIET			EAT AT LEAST 4 TIMES PER DAY
BREAKFAST	LUNCH	DINNER	
SNACK	SNACK	SNACK	

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I CAN'T....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LIKE BEING WHO I AM</b>

## FAT FIX BLESSING – DAILY LOG - DAY 27

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I EAT QUICKLY OR FAST BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM FUN</b>

## FAT FIX BLESSING – DAILY LOG - DAY 28

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I DON'T LIKE MY LIFE BECAUSE....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LOVE WHO I AM</b>

## FAT FIX BLESSING – DAILY LOG - DAY 29

FOOD AS SPECIFIED ON MY DIET <span style="float: right;">EAT AT LEAST 4 TIMES PER DAY</span>		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>WHEN I CHEAT ....</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I LOVE WHAT I DO</b>

## FAT FIX BLESSING – DAILY LOG - DAY 30

FOOD AS SPECIFIED ON MY DIET      EAT AT LEAST 4 TIMES PER DAY		
BREAKFAST	LUNCH	DINNER
SNACK	SNACK	SNACK

DONE	THINGS TO DO TODAY	AFFIRMATION TO USE TO CHANGE YOUR EXPERIENCE
<input type="checkbox"/>	SAY <b>"CANCEL"</b> WHEN YOU "HEAR" NEGATIVE STATEMENTS IN YOUR HEAD ABOUT FAT OR DIETS & REPLACE WITH THE STATEMENT ON THE RIGHT	<b>I LOVE MY BODY</b>
<input type="checkbox"/>	<b>LIQUID</b> □□□□□□□□ AS YOU DRINK LIQUID, USE THE AFFIRMATION ON THE RIGHT. WATER IS BEST.	<b>WATER HELPS MY BODY</b>
<input type="checkbox"/>	<b>MIRROR EXERCISE</b> – FOR 2-3 MINUTES NAKED IN FRONT OF THE MIRROR LOOKING INTO YOUR EYES, USE THE AFFIRMATION TO THE RIGHT	<b>I LOVE MYSELF</b>
<input type="checkbox"/>	<b>WALKING EXERCISE</b> 20 MINUTES. YOUR DIET MAY REQUIRE OTHER EXERCISE & IF SO YOU MAY SUBSTITUTE AND USE THE ALTERNATE AFFIRMATION DURING YOUR EXERCISE TIME.	<b>WALKING MAKES ME FEEL GOOD</b>  OR IF YOU ARE DOING SOME OTHER TYPE OF EXERCISE, THEN USE: <b>EXERCISE MAKES ME FEEL GOOD</b>
<input type="checkbox"/>	<b>REPROGRAMMING EXERCISE</b> - WRITE AS MANY SENTENCES AS YOU CAN BEGINNING WITH  RIKKI WILL HELP YOU GET RID OF THESE NEGATIVES THAT ARE NO LONGER SERVING YOU & REPLACE THEM WITH POSITIVES FOR YOU.  <b>DO NOT REREAD THEM BECAUSE THAT WILL REPROGRAM THESE STATEMENTS AND YOU WANT THIS NEGATIVITY CHANGED, SO YOU CAN CHANGE YOUR BODY &amp; HEALTH.</b>	<b>I HAVE TO HAVE .... BECAUSE</b>  <b>DO NOT REREAD. TEAR THE PAPER UP, AND FLUSH IT DOWN THE TOILET. AND TELL YOUR ANGEL TO "DO THE FAT FIX BLESSING NOW" SO YOUR ANGEL WILL TAKE NEGATIVE PROGRAMMING OUT AND PUT POSTIVE PROGRAMMING IN.</b>
<input type="checkbox"/>	<b>DAILY AFFIRMATION</b> – AS YOU GO ABOUT YOUR DAY USE THIS AFFIRMATION FOR THE DAY. IF YOU HEAR NEGATIVE TALK, SAY "CANCEL" AND REPEAT PHRASE ON RIGHT	<b>I AM COMFORTABLE WITH WHO I AM</b>

**AFFIRMATIONS TO POST SO YOU CAN SEE & READ THEM DAILY  
PRINT THEM OFF ON COLORED PAPER – SOMETHING BRIGHT  
AND YES, THERE ARE DUPLICATES ON PURPOSE**

**I  
LIKE  
MYSELF**

**I  
AM A  
SACRED  
BEING**

**I  
FEEL  
GOOD**

**I LOVE  
BEING  
ME**

**I  
RESPECT  
MYSELF**

**I  
LOVE  
MY BODY**

**I LOVE  
MYSELF  
THE WAY  
I AM**

**I  
AM  
WONDERFUL**

**I AM  
GETTING  
HEALTHIER**

**I LOVE  
MYSELF  
MORE  
EVERY DAY**

**THIS  
PROGRAM  
IS EASY**

**THIS PROGRAM  
MAKES  
ME FEEL  
GOOD**

**THIS  
PROGRAM  
IS SIMPLE**

**I AM  
SUCCESSFUL**

**I  
LIKE  
WHAT I DO**

**I  
AM  
FUN**

**I LIKE  
BEING ME**

**I AM  
HAPPY  
TO BE ME**

**I  
AM  
BEAUTIFUL  
INSIDE**

**I  
LOVE  
MYSELF**

**I  
AM  
LOVEABLE**

**I  
AM  
LOVING**

**I HELP  
SOMEONE  
TODAY**

**I  
AM  
LOVED**

**I  
AM  
COMFORTABLE**

**I  
FEEL  
GOOD**

**I  
AM  
AT  
PEACE**