

# **Exercise Motivation**

**Subconscious Drive to  
Fitness**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are exercising without needing any willpower. See yourself enjoying the process and looking forward to it.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming more eager to exercise without needing willpower. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I love to exercise

I enjoy exercise

I feel alive when I exercise

I look forward to exercising

I reduce stress with exercise

I reduce anxiety with exercise

I can relax while exercising

my body is a natural exercise machine

my body is slim, trim, and powerful

my body is flexible and healthy

my body is a fine tuned machine

my body is the result of millions of years of evolution

my body responds well to exercise

my body recovers quickly from exercise

I use exercise in a variety of ways

I am incredibly strong

I am incredible flexible

I am incredibly healthy

my body is an incredible machine

I love my body

I enjoy my body

I appreciate my body

I take care of my body

my body takes care of me

my body is an efficient machine

my body is a powerful machine

my body helps me enjoy life

my body helps me enjoy love

my body helps me enjoy success

my body gets me where I want to go

my body gives me pleasure and motivation

I love myself

You love to exercise

You enjoy exercise

You feel alive when You exercise

You look forward to exercising

You reduce stress with exercise

You reduce anxiety with exercise

You can relax while exercising

your body is a natural exercise machine

your body is slim, trim, and powerful

your body is flexible, and healthy

your body is a fine tuned machine

your body is the result of millions of years of evolution

your body responds well to exercise

your body recovers quickly from exercise

You use exercise in a variety of ways

You are incredibly strong

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your body is an incredible machine

You love your body

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your body is an efficient machine

your body is a powerful machine

your body helps you enjoy life

your body helps you enjoy love

your body helps you enjoy success

your body gets you where You want to go

your body gives you pleasure and motivation

You love yourself