

# **Perfect Body**

## **Program Yourself to Perfection**

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

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you have the perfect body, according to your own desires. See yourself in the mirror. See a picture of yourself. Imagine you can hear your friends giving you compliments.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are getting closer and closer to your perfect body. Write down any positive comments others make about your behavior or your body.

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

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

# **Affirmations**

I have a perfect figure

I have the body of my dreams

I naturally maintain my dream weight

I look like a model

I have the body of a super model

I have an elegant posture

I walk with confidence

I'm toned

I'm slim

I'm fit

I have low body fat

I eat whatever I want and stay slim

I have a fast metabolism

I metabolize everything I eat

I am perfectly healthy

I won the genetic lottery

I have curves in all the right places

I have long, slim legs

I have a thigh gap

My stomach is always flat

My skin is firm and flawless

My body is sexy

My body gives me confidence

I feel comfortable in my body

My body is breathtaking

I turn heads wherever I go

I get compliments wherever I go

My beauty stands out from crowds

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