

# **Bikini Body**

**Turn Heads Wherever You Go**

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

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you have the perfect body. See this from several different perspectives.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are getting a better body. 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 have a bikini body

I look great in a bikini

I look sexy in a bikini

I have perfect curves

I have perfect proportion

I have a perfect body

I lose weight easily

I look great naked

I look fantastic naked

people love looking at my body

people enjoy looking at my body

I enjoy showing off my body

I enjoy showing off my curves

I enjoy showing off myself

I love wearing a bikini in public

I enjoy flaunting my gorgeous body

I love showing people my gorgeous body

people do a double take when they see my gorgeous body

my arms are perfect

my legs are perfect

my breasts are perfect

people love checking me out

I love it when people check me out

I look fantastic in a bikini

I look wonderful in a bikini

I look sexy in a bikini

I am beautiful

I am sexy

I am gorgeous

I am confident

I am attractive

I am head turning

I am hot

I am amazing

I am fantastic

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