

14 Days to a Healthier, Happier and Less Sugar-Addicted You!

Kicking your sugar cravings; **Implementation Program** / Duration: 6 minutes

Hello and welcome, these meditations and affirmations have been developed to help you reduce and over time, eliminate your dependence on sugar.

Over a period of 14 days and through the focussed practice of reciting powerful statements of intent [also known as affirmations], new attitudes of support and positive self-motivation will be developed on deep subconscious levels.

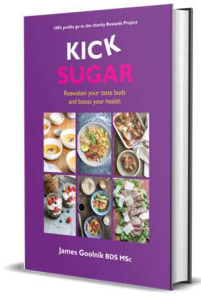
Each day, find a quiet space and time to be alone with yourself, free from the distractions of the outside world. Listen to and then repeat each affirmation slowly and clearly, fully focussing on delivering each statement with the belief that if you want change, change will come.

Repeated over 14 days, you will reshape your internal motivations for kicking sugar. New habits will be formed, and your subconscious mind will be reprogrammed so that it starts working with you instead of against you!

Now, let's prepare...

Make sure you are seated in a comfortable position and that your feet are placed flatly on the ground

- Allow yourself to let go of any thoughts...and just be present here in this moment.
- Relax...focussing only on the soft rise and fall of your breath
- Relaxation...is a form of meditation
- Through meditation, we have the power to transform our mind and heal our body
- Let's begin this journey to a healthier you



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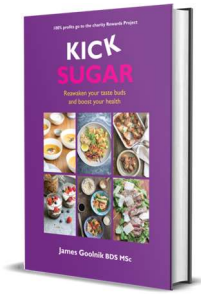
- Close your eyes
- Soften the muscles in your jaw by allowing your teeth to separate...parting the lips slightly.
- Inhale deeply through your nose and hold...just until you feel a gentle tightness in your chest.
- Then, exhale slowly and evenly out through your mouth
- Inhale deeply...and hold
- Exhale slowly and evenly focussing only on your breath
- Inhale deeper still...and hold
- Exhale...and release...slowly and calmly
- Notice how much more relaxed you now feel

Now for our affirmations...

We say it, to make it be.

Repeat the following affirmations out loud and then commit them to your subconscious by repeating them in your mind.

- ⊕ I recognise that my body is asking me to focus on making this change
- ⊕ I accept that my need for sugar is something that I can control
- ⊕ I embrace my power by choosing to stop eating sugar
- ⊕ I feel positive about the changes this choice brings
- ⊕ I easily and effortlessly resist sugar in everything I choose to eat
- ⊕ My mind has new clarity and my thoughts are more positive



Meditation and Affirmations Kicking your sugar cravings; The 14 day self-empowerment plan

14 Days to a Healthier, Happier and Less Sugar-Addicted You!

- ⊕ I easily and effortlessly resist sugar in everything I choose to drink
- ⊕ I am powerful and make sensible food choices
- ⊕ I am enjoying becoming free of my sugar cravings
- ⊕ I am in the process of becoming healthier every day
- ⊕ I am kicking my sugar eating habit easily
- ⊕ I consistently choose whole foods instead of sweet treats and snacks
- ⊕ I am loving all the new flavour sensations as my taste-buds come alive
- ⊕ Every day I am noticing more and more flavours in my foods
- ⊕ Without sugar, my body can better get all the great nutrients it needs and deserves
- ⊕ I am living with abundant energy and looking forward to each new day
- ⊕ I am proud of and embrace the new sugar-free healthier me

Take time to stay here for a few more moments...focus on the gentle rise and fall of your breath...giving thanks for all that is you and all that you have the power to be.



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Kicking your sugar cravings; **Express & Maintenance Program** / Duration: 3 minutes

We are all human which means we ALL experience temptation from time to time. There are times when temptation can seem almost impossible to resist. Do not see these as moments of weakness, but as opportunities to refocus and strengthen your abilities and power to overcome the obstacles.

When temptation strikes, take yourself into a moment of calm relaxation so you can reconnect with your inner strength to help you overcome.

These affirmations are reminders that you have already conquered your cravings, the hardest part has been done...with absolute success!

Treat these affirmations like quick fix reminders that you can give yourself each day so that you stay on course, stay committed and stay strong.

Now, let's prepare....

Remember, we say it to make it be. The power is within you.

Find a quiet space and make yourself comfortable

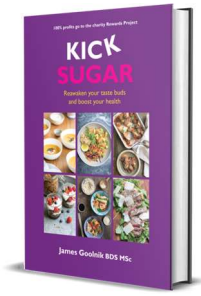
Block out the outside world and focus on you in the here and now.

Bring yourself into a state of relaxation by inhaling for a count of three

and exhaling until all the breath is expelled from your lungs

Repeat this breathing until your body begins to feel deeply relaxed

Now...it's time to remind yourself just how powerful you are



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Now for our affirmations...

Repeat...out loud

- ⊕ I am grateful for the opportunity to overcome this moment
- ⊕ I am being reminded just how far I have come
- ⊕ I am so proud that I succeeded in kicking my sugar cravings
- ⊕ I am overjoyed that even though tempted, I am strong enough to resist
- ⊕ I am blissfully happy exploring new flavours that sugar prevented me from tasting before
- ⊕ I remember that I have already succeeded
- ⊕ I conquered my sugar cravings and won!
- ⊕ I remember that I no longer want or need sugar
- ⊕ This temptation is not real and I can easily dismiss it
- ⊕ I adore the new sugar-free healthier me
- ⊕ I will share my successes to help others

You...are...powerful! Well done!