

Create

YOUR PERFECT

Weight



LIVE a LIFE you LOVE ♡



CREATE Your Perfect WEIGHT Starter Kit

Your body is your *only* physical partner throughout your *entire* lifetime. It's with you from birth until death, through thick and thin, and will never, ever leave you—however, you, eventually, *will* leave it.

If you're like most people, you have a love/hate relationship with your body. You often treat it poorly and think about it in extremely derogatory terms. You forget that your body "hears" every thought you have, and like everything else in our physical world, responds to those thoughts by trying to make them come true.

"Yikes!" my body hears what I say about it? It knows when I'm disgusted with myself for eating those last two slices of pizza? It tries to do what I say? It 's making me fat because I say I'm fat?"

Um, yes. Exactly. You create your own reality. *All* of it—your body included. Your thoughts, feelings, and beliefs create your body, your happiness, your success, your friends, your partner—basically everything in your world.

"So, if I want to create a body like Chrissy Teigen's I can?"



Well, no.

“Either I create it all or I don’t...which is it?”

You *do* create it all, but the caveat to that fact is that you can’t control how it will show up. You can create a healthy body. You can create a responsive body. You can create a body you love. But you can’t control exactly how it looks at any specific point in time any more than you could control how it looked on the day you arrived in it—the day you were born.

“What is the point of that? I want a rockin’ bod! I want everyone to envy me!”

I disagree. You want to feel great about yourself and your body. But to want Chrissy Teigen’s body—or any other body, for that matter—tells me that you’re incapable of loving your own body until it meets the criteria held by people and a society outside of yourself, and that tells me you don’t truly and deeply love and trust yourself.

Trust your soul. It arranged the body you’re in—and it arranged that particular body for a reason. Your job is to love that body unconditionally, at the same time that you dream it into being the best body it can be.

As you let go of society’s standards of beauty, and instead create your own, you can free yourself to fall in love with your body at the same time that you create it being the best weight and the optimum health for you.

Are you ready to get started?

Let’s begin by setting some intentions for your beautiful bod ...



Intentions

Intentions are your dreams in black and white. But they are more than dreams—they are the commitments that back up the creation of those dreams.

We have known for a long time that writing down your aspirations is a big step in creating them. But when you write them down with “I intend...” in front, it lets your subconscious mind know you are serious about this creation and will do what it takes to make it happen.

What does it take? Some external work—but more importantly—the right internal work. The internal work always starts with “intentions.”



Possible physical body intentions:

- I intend that my physical body is 100% vital, healthy and filled with energy.
- I intend to keep my body weight at the perfect weight for me, with joy and fun, ease and elegance.
- I intend to reverse the aging process and fully rejuvenate my physical body and look and feel ageless.
- I intend to feed my body well, and give it the sleep, rest, reflection, support, and healing that it needs, when it needs it.
- I intend to be drawn to and crave the movement, food/supplements and body/energetic work that my physical body needs to stay in perfect shape and health, and that will augment my physical, energetic, spiritual and mental bodies.
- I intend to feel beautiful, inside and out, 100% of the time.
- I intend to know deeply that my body is a method of communication from my inner being and that any maladies are simply messages for me to respond to.
- I intend to listen to my body's whispers to me and to respond to them with wisdom and love.
- I intend to remember and know at deeper and deeper levels that everything is healable.
- I intend to love my body unconditionally, whatever it weighs, however it feels, or however it looks.



Beliefs

Beliefs are thoughts and feelings that are so deeply ingrained in your subconscious mind, you take them as absolute truths. It is imperative to change your beliefs to be in alignment with your dreams and intentions in order to change your reality.

Beliefs are the most powerful component to conscious creation. It is imperative to get at the root of your subconscious beliefs in order to change your reality.

There are lots of ways to discover your beliefs. For more information about beliefs, read *The Map—To Our Responsive Universe, Where Dreams Really Do Come True!*



Beliefs you may have about your body and your weight:

1. It is hard to lose weight.
2. I must suffer to be thin.
3. If I feel satiated I am eating too much and will gain weight.
4. I must deprive myself to be thin.
5. I must feel hungry most of the time to be thin.
6. It is not safe to be thin.
7. I have to be big physically to be powerful.
8. I cannot change my body with my thoughts and feelings.
9. I have a slow metabolism.
10. I hate exercise.
11. I must exercise excessively to lose weight.
12. I must exercise a certain amount to lose weight.
13. If I am thin and get sick I will die.
14. Calories make you maintain, lose or gain weight.
15. I must starve myself to be happy with my weight.
16. It takes a long time to lose weight.



17. Losing weight must feel like deprivation.
18. Gaining weight is in my genes.
19. When you get older, you put on weight.
20. I can create my reality except for my body weight.
21. I must choose between taking good care of my body and being thin.
22. It is not possible for me to feel great, love my body, and eat normally.
23. It is not possible for me to feel great, love my body, and exercise as often as I'd like.
24. I am naturally heavy.
25. When I feel hungry, it's bad news because it means I must either ignore the hunger or put on weight.
26. I crave food that is fattening.
27. I can't eat healthily and maintain a healthy weight.
28. I dislike my body.
29. I have no clue how to find my ideal weight.
30. I will never be happy with my body and my weight.
31. Being thin is beautiful.
32. I must adhere to society's standards of beauty to be beautiful.

This list is not all inclusive. You may have slightly different beliefs or totally different beliefs. Use this list as a jumping off point to discover *your* specific beliefs. The important thing is to change the beliefs interfering with your happiness. It's not difficult. I've outlined the procedure below ...



How to change a belief

Beliefs were given to us by our parents, our siblings, our grandparents, aunts, uncles, teachers and other authority figures like religious leaders and scoutmasters. Even society and the media have helped to form our beliefs about the world.

Note: There is a recorded version of this technique available at:

<https://www.livealifyoulove.com/changing-your-beliefs-guided-meditation/>

The process:

1. Write out or print the old and the new beliefs.
2. Get into a quiet space, and close your eyes. Have your list of old and new beliefs with you. Call upon your unseen friends to assist you (it doesn't matter if you don't know who they are). You can say:

"I call on my angels, higher self, guides and others who desire to help me successfully change these beliefs. Gently guide, protect and assist me please, with harm to none."

3. Imagine yourself in a beautiful place in nature. This place is serene, quiet and safe. Then imagine your unseen friends coming to be with you, surrounding you in a bubble of love and light. Take a few moments to close your mental eyes and feel the warmth of the love and light. Feel the love, guidance and protection of your unseen friends. When you open your mental eyes you find you are surrounded in mist, and before you stands a grand marble staircase. You and your unseen friends, begin to walk up this staircase ... up, up, up, into the clouds.
4. At the very top of this staircase, you notice you are at the entrance to a city, which represents your subconscious mind. It might be modern or ancient. It might be a city in nature, with natural caves and carvings in the rocks. It might look like anything at all. It may change shape. Whatever it looks like it is perfect for you.



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5. The king or queen of this city (your subconscious) will soon come to welcome you. Tell them you want to change your beliefs. They will look to your higher self for permission, and your higher self will nod its consent.
6. Follow the king or queen to the Building of Beliefs. Your higher self will join you. They will take you to the room in this building that holds your level two beliefs. You will enter a gigantic circular room, lined floor to ceiling with filing cabinets. You will see a ladder that slides around the room on a rail, to access the high drawers. You find yourself gazing around in amazement.
7. Tell them the first belief you want to change (it's OK to peek at your paper). They will go to a drawer, open it and pull out the belief. They hand you the belief and it is written out on a 5x8 piece of cardstock, plain as day.
8. Take the belief and bring it to the small table that is in the center of the room. On the table you'll find a big, fat black marker. You take off the cap, and strike through the entire belief. You then rip it into tiny pieces, and place them into a silver bowl lying on the tabletop. Your higher self points a finger, and the belief bursts into flames, quickly extinguishing and leaving nothing, not even ashes, behind.
9. Take a clean, white piece of cardstock that you'll find on a shelf underneath the table, and with a smaller black marker, write your new belief. Feel your hand shape each letter and say each and every letter in your mind as you write.
Hand the new belief to the king or queen and watch as they deftly replace the belief. Repeat this process with every belief you want to change.
10. When you are finished, thank your higher self and the king or queen. They will appreciatively accept your thanks. When you are ready, open your eyes.
11. Conscious mind follow-up: Write or type out *only* the new beliefs. Every day, for sixty days, read the new beliefs, with as much excitement and joy as you can muster. (If you skip a day, just add another day at the end.)

That's it! If you'd like a recording of this technique, you can find it [here](#).



Negative and positive beliefs about body image and weight:

Use these as you do the meditation:

1. ~~It is hard to lose weight.~~
It is easy to lose weight.
2. ~~I must suffer to be thin.~~
I must relax and love myself to be thin.
3. ~~If I feel satiated I am eating too much and will gain weight.~~
If I feel satiated I am eating enough and will find and maintain my ideal weight.
4. ~~I must deprive myself to be thin.~~
I must love myself to find my ideal body weight.
5. ~~I don't love myself.~~
I do love myself.
6. ~~I must feel hungry most of the time to be thin.~~
I must eat nourishing foods to find my ideal weight.
7. ~~It is not safe to be thin.~~
It is safe to be my ideal body weight.
8. ~~I have to be big physically to be powerful.~~
I can be any size and be powerful.
9. ~~I cannot change my body with my thoughts and feelings.~~
I can change my body with my thoughts and feelings.
10. ~~I have a slow metabolism.~~
I have a fast metabolism.



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~~11. I hate exercise of all types.~~

I crave exercise that is fun.

~~12. I must exercise excessively to lose weight.~~

I choose to exercise because it is self-loving and fun.

~~13. If I am thin and get sick I will die.~~

Regardless of weight, I can heal my body.

~~14. Calories make you maintain, lose or gain weight.~~

Thoughts, feelings, and beliefs make you maintain, lose or gain weight.

~~15. I must starve myself to be happy with my weight.~~

I must love myself to be happy with my weight.

~~16. Losing weight feels like deprivation.~~

Finding my ideal weight feels like freedom.

~~17. Gaining weight is in my genes.~~

Finding and maintaining my ideal weight is in my resonance.

~~18. When you get older, you put on weight.~~

At every age, you choose your weight.

~~19. I create my own reality but not my body weight.~~

I create my own reality including my body weight.

~~20. I must choose between taking good care of my body and being thin.~~

I can take good care of my body and also be my ideal body weight.

~~21. It is not possible for me to feel great, love my body, and eat normally.~~

It is possible for me to feel great, love my body, and eat normally.



~~22. It is not possible for me to feel great, love my body, and exercise as often as I'd like.~~

It is possible for me to feel great, love my body, and exercise as often as I'd like.

~~23. I am naturally heavy.~~

I am naturally the perfect weight for me.

~~24. I crave food that is fattening.~~

I crave food that is healthy.

~~25. I can't eat healthily and maintain a healthy weight.~~

I can eat healthily and maintain a healthy weight.

~~26. I dislike (or hate) my body.~~

I like (or love) my body.

~~27. I will never be happy with my body and my weight.~~

I am happy and becoming happier with my body and weight.

~~28. Being thin is beautiful.~~

Being authentic is beautiful.

~~29. I must adhere to society's standards of beauty to be beautiful.~~

I must adhere to my own standards of beauty to be beautiful.

The positive beliefs about body image and weight:

Copy and print the beliefs you changed and read that list twice daily for 60 days.

1. It is easy to lose weight.
2. I must relax and love myself to be thin.
3. If I feel satiated I am eating enough and will find and maintain my ideal weight.



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4. I must love myself to find my ideal body weight.
5. I do love myself.
6. I must eat nourishing foods to find my ideal weight.
7. It is safe to be my ideal body weight.
8. I can be any size and be powerful.
9. I can change my body with my thoughts and feelings.
10. I have a fast metabolism.
11. I crave exercise that is fun.
12. I choose to exercise because it is self-loving and fun.
13. Regardless of weight, I can heal my body.
14. Thoughts, feelings, and beliefs make you maintain, lose or gain weight.
15. I must love myself to be happy with my weight.
16. Finding my ideal weight feels like freedom.
17. Finding and maintaining my ideal weight is in my resonance.
18. At every age, you choose your weight.
19. I create my own reality including my body weight.
20. I can take good care of my body and also be my ideal body weight.



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21. It is possible for me to feel great, love my body, and eat normally.
22. It is possible for me to feel great, love my body, and exercise as often as I'd like.
23. I am naturally the perfect weight for me.
24. I crave food that is healthy.
25. I can eat healthily and maintain a healthy weight.
26. I like (or love) my body.
27. I am happy and becoming happier with my body and weight.
28. Being authentic is beautiful.
29. I must adhere to my own standards of beauty to be beautiful.





Affirmations

Affirmations are a great way to keep your resonance in alignment with your dream. Record these and listen to them, or simply read them several times a day.

- My body is healthy, and filled with energy. I am becoming healthier and more energetic every day.
- It's easy, joyous and fun to keep my body weight at the perfect weight for me.
- I am reversing the aging process.
- I am fully rejuvenating my physical body and I look and feel ageless. I become more ageless and rejuvenated every day.
- I am grateful for my body and I treat it well.
- I feed my body nutritious food and drinks.
- I give my body the sleep, rest, reflection, support, and healing that it needs.
- I am drawn to and crave the food and supplements that my body needs to stay in perfect health.
- I am led to the ideal exercise for my body that is both enjoyable fun for me.
- I feel beautiful and I feel more beautiful every day.
- I know that my body's pains and illnesses are simply tools for me to know myself better.
- I listen to the messages my body has for me and I respond with compassion and love.
- I know at deeper and deeper levels every day, that everything is healable.



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- I love my body unconditionally, and I love it more every day.
- It is easy for me to find and maintain the perfect weight for my body.
- I am connected to my body and know when it has had enough food.
- I love myself and my self-love increases every day.
- I am a powerful reality creator.
- I love my body. Every day I love and appreciate my body more.
- I have a metabolism that is perfect for me.
- I crave exercise that is fun.
- I choose to exercise because it is self-loving and fun.
- Finding my ideal weight is easy and fun.
- As I get older I love and appreciate my body even more.
- I create my own reality including my body weight.
- I take good care of my body and each day I get better and better at taking care of it.
- I am naturally the perfect weight for me.
- I crave food that is healthy.
- I am happy and becoming happier with my body and weight.
- I am authentic and beautiful. I become more authentic and more beautiful every day.



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- I adhere to my own standards of beauty and I am beautiful.

Of course, there is more to conscious creation than what is outlined here. If you'd like to change your reality and create the life you've only dreamed of, read *The Map—To Our Responsive Universe, Where Dreams Really Do Come True!* And visit LiveaLifeYouLove.com.

With so much love,

Boni