

## My Perfect Weight Mind Directive for ACHIEVING My Perfect Weight

Read this *aloud* (whispering counts as reading aloud) and deliver it with some *emotional intensity* and address it to your subconscious mind (a.k.a. *your Subby*). When delivering it, **strongly desire** for your Subby to perform each instruction and **resolutely believe** that it will do so. In short, act as-if, or totally pretend, that your Subby will be executing every instruction described in this Directive. • <http://www.overeatenomore.com>

**SUBBY — pay attention.** Pay attention to *everything* I'm about to tell you. I want you to perform *every action* I'm about to describe. I want you to perform these actions because doing so will *hugely* benefit me and my life. I want you to *continue* performing these actions until I tell you otherwise.

**Now, Subby — THIS is what you must do.**

**Create within me the thoughts and the feelings that will bring about the following actions and results:**

**Every day, make me avoid all overeating.** Any eating that results in a calorie intake that hinders my achieving my perfect weight is *overeating*.

**Every day, make all my eating to be perfect-eating.** Eating that promotes achievement of my good health and perfect weight is *perfect-eating*.

**Cause me to achieve and forever live my perfect weight.** My *perfect weight* is \_\_\_\_\_ pounds. This weight shall be my perfect weight until I tell you otherwise.

**Cause me to reduce my body weight by at least one-quarter pound today and one-quarter pound tomorrow.** Make me lose at least one-and-three-quarter pounds this week. Make me engage in the types of daily eating activities that result in me consuming a daily calorie intake that brings this weight reduction about. Make my daily weight reduction of at least one-quarter pound per day and the achieving of my perfect weight to happen in a way that's *easy, fun, and free of pain, struggle, and harm*.

**Make me automatically apply my preferred diet program today — all day long.** My preferred diet program is the \_\_\_\_\_ diet program. Make doing this diet program to be an easy, enjoyable daily *habit*.

**Make me eat only right amounts of food and to never eat a wrong amount.** An amount of food that promotes achievement of my perfect weight is a *right amount*. An amount of food that hinders achievement of my perfect weight is a *wrong amount*. The amounts of food prescribed by my preferred diet program are right amounts.

**Every time after I eat a right amount of food, immediately bring forth the full-stomach feeling and make me feel fully satisfied and pleasure-sated and make me FREE of any and all desires, urges, and temptations to eat more than the right amount.**

**Make me enjoy eating right amounts of food more than I enjoy eating wrong amounts.** Plus, anytime I happen to eat more than a right amount, cause me to feel *dissatisfied* and to have a discomfortable *bloated feeling* that lasts for a short time.

**Make me enjoy the taste of right foods more than I enjoy the taste of wrong foods.** A food that promotes achievement of my good health and perfect weight is a *right food*. A food that hinders achievement of my perfect weight is a *wrong food*. Foods prescribed or promoted by my preferred diet program are right foods. Foods banned or discouraged by my diet program are wrong foods.

**Make me enjoy perfect-eating more than I enjoy overeating.** Make me derive *greater* pleasure and satisfaction from performing my diet program than from not performing it.

**Keep me FREE of any and all overeating urges.** Any urge or feeling that could cause me to overeat is an *overeating urge*. This includes the snacking urge and the gluttonous-meal urge. It also includes all food-craving eating urges and all mood-triggered eating urges. Keep me *free* of these and any and all other overeating urges. Any time I feel an urge to eat when I shouldn't be eating, *remove* that urge to eat. Then, fill me with an *overwhelming desire* to engage in perfect-eating only. Make me hold a *perfect-eating mindset* at all times.

**Keep me FREE of any and all overeating.** Keep me *free* of the snacking habit and the gluttonous-meal habit. Do it for this *entire* day. Make today to be a *perfect-eating day — no overeating, only perfect-eating*.

Subby — you are to perform *today* each and all of the actions I just described. By doing this, you'll make today a *perfect-eating day*.

**IN ADDITION TO MAKING TODAY A PERFECT-EATING DAY, YOU ALSO ARE TO PERFORM THE FOLLOWING ACTIONS:**

**Make me engage in an appropriate daily exercise activity.** Make me *enjoy* engaging in this activity and to feel *great satisfaction* each time after doing it.

**Remind me throughout today to perform all seven Steps of my 7-step Program.** Which means — remind me to say my Subby Instant Action Statement at least 30 times today, including every time I *feel* like eating and also *while* eating. Remind me to deliver mealtime self-talk during *every* eating session and to follow your stop-eating signal when it comes. Remind me to always act as-if you are, at that very moment, *in the process* of guiding me toward perfect-eating and away from overeating. Remind me to reinforce you after each progress action with a Good Work, Keep It Up statement. *Also*, remind me tomorrow to deliver my Perfect Weight Mind Directive once again, first thing of the day. Finally, make me feel great pleasure and satisfaction *every time I perform any of the seven Steps of my 7-step Program*.

**My Subby Instant Action Statement is:**

***I am the person of my perfect weight.  
I am healthy, happy, and doing great.***

