

My Perfect Weight Mind Directive for FOREVER LIVING 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.overtatnomore.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.

Continue creating 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 maintaining my perfect weight is *overeating*.

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

Cause me to maintain my perfect weight for the rest of my life. My *perfect weight* is any weight in the range of _____ to _____ pounds. This weight range shall be my perfect weight until I tell you otherwise.

Make me engage in the types of daily eating activities that result in me consuming a daily calorie intake that maintains my weight at the lower limit of my perfect weight range. Any time my weight rises *above* the lower limit of my perfect weight range, *decrease* my urge to eat to the point where I consume an amount of daily calories that moves my weight back down to the lower limit of my perfect weight range. Make the maintaining 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 maintenance of my perfect weight is a *right amount*. An amount of food that hinders maintenance 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 maintenance of my good health and perfect weight is a *right food*. A food that hinders maintenance 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.***

