



# *Weight Loss Manifesto*

- I am the architect of my life and I am building my foundation.*
- I am going to continue to learn and to show up for myself.*
- I make time for things that are important to me.*
- The Universe wants me to succeed.*
- Simply by starting, I'm better off.*
- I'm worthy of being a priority.*
- I always know what to do.*
- I'm in the driver's seat.*
- I am indestructible.*
- It gets to be easy.*
- I can have it all.*