

Weight Success Benefits Directive

Put this document on your digital devices
(smartphone, tablet, computer, etc.)

INSTRUCTIONS: Use this Directive for Daily Action 3.

- Where there's a dotted line (.....), say the name you use when speaking of or to your subconscious mind.
- Read this directive aloud and say it with some emotional intensity. (Reading aloud is best, but when you can't do that, whisper it to yourself.) When reading it, *strongly desire* for the actions it

describes to be realized. And, *hold the belief* and act as-if what's described in this statement is *in the process of happening*. After reading the list of weight success benefits, for at least 30 seconds *visualize* at least one of the benefits as an accomplished fact. As you go through the day, *continue* believing and acting as-if what's described in this directive is in the

process of happening. ● For more on delivering this Directive, read the Daily Action 3 section in Chapter 1 of *Weight Success Forever* book and also read Chapter 9 in the book. Now, here's the directive (starting next page).



....., today and *every* day for the rest of my life, do these five very important actions.

1 – Guide me to *easily* living in my **healthy-weight range**, which right now is _____ to _____ pounds–kilos.

2 – Guide me to *fully* doing my **preferred dietary program**, which right now is the

program.

3 – When I say my Healthy-weight Goal Statement while eating, automatically create thoughts and feelings that guide me to Right Eating, that guide me to eating the **types** of food and the **amount** of food that results in me living in my healthy-weight range.

4 – Whenever I make a decision to stop eating, make the urge to eat *immediately* begin to fade away for that eating session. And, if anytime I happen to accidentally overeat, create an uncomfortable bloated feeling that lasts for a short time.

5 – Whenever I say my Healthy-weight Goal Statement, bring to mind a thought of at least one of my weight success benefits. And, then, create within me a *happy, positive feeling*.

The Weight Success Benefits I gain from living in my healthy-weight range include:

- 1.** A greater chance of *living healthier longer* — or greater chance of living free of debilitating accidents, illnesses, diseases, and bodily malfunction.

NOTE: Along with this Benefit #1, also cite at least one or more of your other weight success benefits.

I thank you, God, for the opportunity to live my life this way.

....., please do *everything you can* to assist me in achieving lifelong healthy-weight living in a positive, pleasurable way. This benefits me *greatly*. I realize you're now doing it, and I thank you for it.

Living in my healthy-weight range is a *mandatory, must-have* feature of my existence. I am doing it *now* and for the rest of my life — and doing it *easily and enjoyably*.
Yes! Yes! YES!



NOTE 1: After delivering the directive, close your eyes and say your Healthy-weight Goal Statement three times. Do it with intensity. ~ Plus, each day allow yourself to get a ***good feeling*** from making your weight losses stick and

from having realized healthy-weight living. You deserve it. It's a substantial praiseworthy achievement.

NOTE 2: If you would like to have a copy of this Directive on 8.5 x 11-inch paper, go to:

<http://correllconcepts.com/toolkit.pdf>

Go to the Weight Success Benefits Directive section (at the end of the Toolkit). If printed out two-sided you will have the entire Directive on a single 8.5 x 11-inch sheet.

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is for use with Daily Action 3 of the Weight Success Method, which is described in the ***Weight Success Forever*** book. If you need a copy of the book, go to:

<http://amazon.com/dp/1938001826>