

WEIGHT LOSS



soulseeds

SEED THE CHANGE

© 2010 soulseeds.com. All rights reserved.

Seed of Persistence

Visualize a powerful intention for your weight. Make it specific. Make it bold. Put dates on it. Establish check points and celebrations along the way. Now feel your intention in your body. See it with your eyes. Taste it on your breathe. Be it with all your might. If you lapse from your goals, don't beat yourself up. Just come back to your visualized intention. See it. Feel it. Be it.



Say to yourself: My intention is clear and bold. I live it until it is my reality.