

Increase your metabolic rate by repeating these affirmations



I have a great digestion
I absorb and assimilate nutrients with ease
I easily digest not only food but also my emotions
I fully and freely express myself
I honor my hunger cues
I tune in to my body's signals
I release all stress trapped in my body
I confidently step into my healing power
I am strong, lean and vibrant
I feel confident in my body
I have a fast metabolism
I rejoice in being lean and healthy