

Bariatric Affirmations

TAKE THE REMINDER THAT YOU NEED MOST TODAY

Bariatric surgery isn't the easy way out. And sometimes, all you need is a little reminder to keep going. To keep your head up and move forward. Positive affirmations help to create new pathways in your brain. So that you can ditch that inner critic so that you can trust your thoughts again!



Just remember... you got this!

I am capable of change.

I love my body no matter what the scale says.

I work hard to get what I truly want.

*Today, I will try my best.
And that's good enough*

I deserve the best version of myself.

I am grateful. I am humble. I am worthy.

I can't change my past. I forgive myself.

I am so much more than my weight alone.

It's okay if I don't lose weight every week.

I love myself. I speak highly of myself.