Affirmations for body positivity

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Affirmations for body positivity

By Jeff Waller, 7 Mindsets Co-Creator and VP of Educational Services, in his work, what to say when talking to yourself, Shad Helmstetter teaches us that we will become what we think more. "Your success or bankruptcy in anything depends on your programming, from what you accept from the others, and what you say when you talk to yourself, he says. To illustrate this point, he uses the metaphor of a computer. The keyboard provides input very similar to experiences in our lives and the work of our conscious minds. The printer and the monitor are the output, which parallel the actions and results in our lives. However, the real power resides within the computer itself. Like our brains, the internal software processes the information and at the end the results. When we press the â â â