

Fasting Motivation Affirmations

(Print & Place on Your Fridge, Mirror, or Anywhere You Need a Boost!)

Mindset & Willpower

I am in complete control of my body and choices.

My willpower is stronger than any craving.

I embrace this fast with confidence and ease.

Every moment I fast, I grow stronger and more disciplined.

Hunger is just a signal—I acknowledge it and let it pass.

"I CAN DO THIS!"

Energy & Healing

My body is cleansing, healing, and

regenerating with every hour.

I feel energized, focused, and deeply refreshed.

Every sip of water nourishes and strengthens me.

Fasting is easy because my body knows exactly what to do.

I am giving my body the gift of renewal and balance

. "I CAN DO THIS!"

Overcoming Cravings

I am free from emotional eating and food addictions.

Cravings come and go, but my strength is constant.

I eat to nourish, not to satisfy temporary urges.

I am not controlled by food—I control food.

The discomfort of hunger is temporary,

but the benefits are lasting.

"I CAN DO THIS!"

Success & Transformation

I am achieving my fasting goals effortlessly.

My body is resetting, and my health is improving every second.

I trust the process, and I trust myself.

Each hour of fasting brings me closer to my best self.

I am unstoppable, powerful, and fully in control.

"I CAN DO THIS!"

Hunger is Just a Passing Wave

Hunger is only a signal, and I choose how to respond.

I acknowledge hunger, but it does not control me.

Every hunger wave passes, leaving
me stronger and more resilient.

I am patient with my body,
knowing true nourishment comes from within.

"I CAN DO THIS!"

I Am in Control

I have complete control over my body and my choices.

My willpower is unshakable.

I decide when and what I consume.

I trust my body to adapt and thrive during this fast.

Every time I resist temptation, I grow more powerful.

"I CAN DO THIS!"

My Body is Thriving

My body is cleansing, healing, and renewing itself.
I feel light, clear, and deeply connected to my health.
Fasting is a gift to my body, and I embrace it fully.
Every moment, I am burning stored energy and becoming
stronger.

"I CAN DO THIS!"

I Do Not Need Food for Comfort

I release emotional attachment to food.
I am free from emotional eating—food does not control
my emotions.
I find peace and satisfaction in my mental clarity.
I am nourished by my thoughts, my breath, and my
purpose.

"I CAN DO THIS!"

I Am Energized and Focused

My energy comes from within, not from food.

I am alert, sharp, and full of vitality.

Fasting makes my mind clear and my body strong.

I wake up refreshed and ready to embrace the day.

"I CAN DO THIS!"

I Trust the Process

My body knows exactly what to do.

I am in perfect alignment with my fasting goals.

Every hour of fasting brings me closer to my best self.

I am on the path to success, and I trust the journey

"I CAN DO THIS!"

I Am Unstoppable

Nothing can break my focus—I am stronger than any
craving.

I am disciplined, empowered, and fully in control.

I embrace fasting with ease and confidence.

I CAN and I WILL complete this fast successfully!

"I CAN DO THIS!"