

Acting Healthy to Be Healthy

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This script utilizes a strong NLP technique and your imagination to create the healthy lifestyle that you desire. You'll be a will to watch the transformation take place from a comfortable distance.

Script Begins Here:

Your strong subconscious mind does not understand the difference between a real or imagined memory... So, from this point forward, you'll act healthy, to be healthy...

By acting a certain way your mind realizes that, this is the way you should be... So, by acting healthy in every way, as if you were an actor, acting it out on a stage... you will be healthy...

So, imagine yourself right now acting on a stage as if you were in a play... and imagine yourself acting totally healthy... How would you look as a completely healthy person? ...

As you're managing this; imagine yourself transformed into whatever it is you'd like to be as this healthy person... Imagine yourself looking healthy and strong ...

Imagine what it would feel like to have the health that you desire... Feel yourself being totally healthy right now... Describe the emotions that you have as you watch yourself being so very healthy on the stage... What are you feeling?... Are you feeling happiness? ... Excitement?... Satisfaction?

Take a moment to imagine how it feels being this healthy... as you transform into this healthy, strong person that you deserve to be...

If ever you begin to feel doubt about your health, simply imagine yourself on the stage acting as the healthy person you want to be... You're the creator of your

health... and your reality... so, simply be an actor and create how you'd like to see yourself as a healthy being...