

Why I must be healthy!



I would like to: Weight 125lb., learn how to do free weights or be able to do 10 pushups, train other women, run a 5k, start a wellness program at my work, be a role model for my kids, be a role model for my friends, blow everyone away at my wedding or reunion, etc. **DREAM!!**

What could you accomplish, experience and do if you were not fat anymore? If you have a lean & fit body?

If I were thin I would:

Reason #1: _____

If you were to achieve, do, or experience this, how would it make you feel?

How could feeling this way affect your life?

How could accomplishing this change your life today and how greatly might it multiply 10 years from now?

Reason #2: _____

If you were to achieve, do, or experience this, how would it make you feel?

How could feeling this way affect your life?

How could accomplishing this change your life today and how greatly might it multiply 10 years from now?

Reason #3: _____

If you were to achieve, do, or accomplish this, how would it make you feel?

How could feeling this way affect your life?

How could accomplishing this change your life today and how greatly might it multiply 10 years from now?