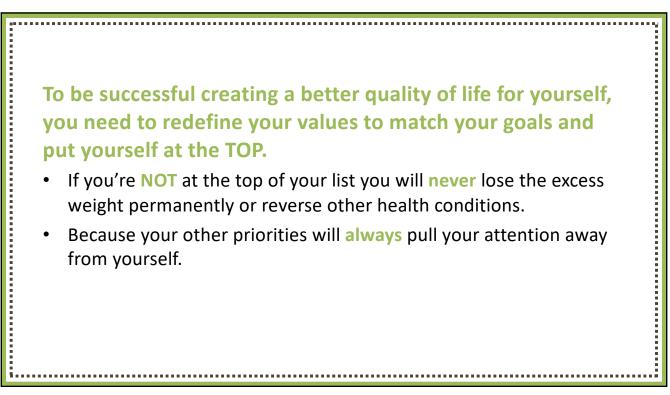


Here's what most women say...
My family (children and grandchildren)
My husband
My job
?
?
Where do you fit in?
Where do your personal health and self-care fit in your list of priorities?

4

Do you find that you're unable to stick with a diet and exercise plan because you "don't have the time" or other things get in your way?
It's NOT that you don't have the time.
The truth is, you don't value yourself enough to make the time.
It means you value something else more.



Many moms feel guilty putting themselves first - they feel their family should be first.
But when you're not at the top of your list everyone you love and care about suffers.
It's a universal truth that you can only care for others to the degree that you care for yourself.
If you can't take of yourself, you can't take care of others.
If your goals are to lose weight and feel good in your clothes, be a good role model to your family, live a long, healthy life to see your kids and grandkids grow up....
YOU HAVE TO BE AT THE TOP OF YOUR LIST to make that all happen.

The main reason so many women struggle to lose the weight reverse

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The main reason so many women struggle to lose the weight reverse their health issues is because their priorities *don't* actually match their goals.

- When there's misalignment between your priorities and your goals, it leads to a vicious cycle of failure and frustration.
- To break this cycle, you have to be willing to do one of two things:
 - You either need to change your priorities to match your goals and this means being first on your list.
 - Or, you need to change your goals so that they actually match your priorities.
- You can't have the goal to lose weight and be your healthiest, and be last on your list or **not** on your list at all.

– You will NOT achieve your health goals!

