

LIFE IS WHAT YOU MAKE IT
DARE TO MAKE IT MAGNIFICENT!

MORE MOMENTUM MANTRA'S!

New You



MOMENTUM MANTRA'S

“Nothing tastes as good as losing weight feels”

“I am the master of my own destiny.. That destiny is to be slim”

“New you + wii = super slim sexy body”

“That food will make me feel good today, but a healthy body will make me feel good for the rest of my life”

“If you can imagine it you can create it. If you can dream it you can become it”

“One day at a time I’m looking mighty fine”

“If it’s gonna be, it’s up to me”

“The pain of discipline is less than the pain of regret”

“I can achieve my weight loss one day at a time”

“Don’t give up as then you are only giving up on yourself, be strong, carry on and become who you want to be”

“If we love ourselves, nothing can fail us - we choose our steps but God leads us, our challenge is a blessing”

“No matter what is influencing me, it is still my hand that puts the food into my month”

“Chipping away at that rock just a little every day is better than carrying it around forever! Chipping and sculpting my new me body shape in my mind, will help to make it real”

“I did that to myself ... never again”



MOMENTUM MANTRA'S

“I want to be happy and not snappy about my weight, I CAN do this, I CAN do this, I WILL do this”

“Work your hardest to make the outside match the inside”

“The pain of discipline is less than the pain of regret”

“I’m on top of the world and I have NO intentions of falling off”

“Do it pound by pound until I get to my goal”

“One day at a time I’m looking mighty fine”

“If you want to change some things in your life - you have to change some things in your life. Break the bad habits”

“He who eats when he is full, digs his grave with his own teeth”

“Slowly and steady wins the race, and this race has the best prize, a whole new me”

“If you always do, what you always did - you will always get, what you always got”

“Constant pickers wear bigger knickers”

“For your life, for your weight, take control of your plate”

“Junk in the trunk or a healthy hunk”



MOMENTUM MANTRA'S

“Why regret anything in life? You can’t change it, and it’s a part of why you are who you are today. Every event or challenge in life good or bad and the way you deal with it paves the way for the person you are tomorrow, and tomorrow I WILL be thinner, sexier and happy in my new body - the NEW ME thanks to NEW YOU” “Embrace it and move on”