

IF YOU DO WHAT

you've always done

YOU WILL GET WHAT

you've always gotten.

com-mit-ment [*kuh-mit-muh* nt]

noun

1. staying loyal to what you said you were going to do long after the mood you said it in has left.

**EVERY MORNING THAT
YOU WAKE UP IS ANOTHER
CHANCE TO GET IT RIGHT.**

FOOD is NOT
the enemy,
self-hate IS.

i WILL fight for it!
i will NOT give up!
i WILL reach my goal
and absolutely
NOTHING
will stop me!

I NEED TO

~~**be skinnier**~~

LOVE MYSELF.

Motivation

is what gets you started;

Habit

is what keeps you going.

NEVER GIVE UP

everyone has bad days.

pick yourself up and

KEEP GOING

*You've come too far
in life to take
orders from a cookie.*

Pain is temporary,
QUITTING
is forever.

I CAN DO ALL THINGS
THROUGH CHRIST WHO
GIVES ME STRENGTH.

Philippians 4:13

If you're tired of starting over,

STOP

g i v i n g u p !

WHAT YOU eat
in private
you will wear
in public.

YOU ARE *Braver* THAN YOU BELIEVE

Stronger THAN YOU SEEM

AND *Smarter* THAN YOU THINK.

PUT **ALL** EXCUSES ASIDE

 and remember this: 

YOU ARE CAPABLE

NOTHING TASTES AS GOOD AS BEING SKINNY FEELS

Our greatest weakness
lies in giving up.

The most certain way to succeed
is always to try
just one more time.