

MY FABULOUS WEIGHT LOSS

Proclamation



I,(insert your name)

Am committed to changing my life one meal at a time!

I will prioritise my health, and focus on making positive choices that bring about positive changes.

I will not let fear or perfectionism get in the way of building new healthy habits.

I am prepared to invest in myself for a life of energy, vitality and self love.

I know that dreaming and wishing do not serve me, so I will take action every single day to reach my goal.

I will persevere, even when things are hard and I will **NEVER** give up.

I believe I am capable of great things.

SIGNED: **DATE:**