

# MIND.SET.GOAL!

## 7 Proven Steps to End Your Struggle with Weight, Improve Relationships, and Feel Great... for Good!

### Step #1: Personalize Your Purpose

Find YOUR purpose... and don't be afraid to admit that it's personal, as personal as your life. Stop thinking about this health thing as something you *should* do... but rather as something you were *made* to do...or, better yet, made to BE!

### Step #2: Trust Yourself

You are YOUR OWN health expert! You were born with the instinct and intuition you need to eat (and stop eating), move, sleep, and just plain take care of yourself. So trust yourself.

### Step #3: Nourish Yourself... With & Without Food

Health and happiness are more about "filling your cup" – figuratively speaking – than filling your plate. Fill yours every single day so that your emotional hunger is satisfied, too.

### Step #4: Set Yourself Up for Success

If you are not your own biggest fan, start to be! And be proactive. Plan, prepare, and prioritize those things that make you feel your best every day. When you feel your best, you're happier. And those you care so much about... they will be happier, too.

### Step #5: Pack a Positive Perspective

Pack a positive perspective. Stop the negative self-talk, the excuses, and being mindless. Start telling yourself the truth and being mindful of the amazing life you have, the amazing journey you are on, and the amazing things about health... regardless of your size.

### Step #6: Live & Forgive

At the heart of health are healthy relationships – healthy relationships with food, exercise, health, people, and yourself. Therefore, let go of unresolved bitterness, resentment, and guilt. Doing so is the only way to experience health and life to its fullest!

### Step #7: Celebrate, Create, & Commit

There is no need to be hard on yourself! Celebrate what you are doing right... health wise and otherwise. Create a healthy mindset and commit to health because it is good, is completely within your grasp, and is meant to be enjoyed at every size and every day of your life!

Well Simplified

GENUINE HEALTH SOLUTIONS