



Inspiration to Motivate You Throughout Your Day

Certain words can be used to make us feel good and take action. It is important to remember that it is more about the feeling, rather than just the words. It's about prompting us to make change!

Inspirations to Start Your Day

I can do this!	I deserve to live a healthy happy life.	Developing healthier habits gets easier every day for me.
I am strong in mind and body.	My life matters.	I can conquer the challenges before me.
I will go out there and be amazing!	I love who I see in the mirror.	Today I will make and accomplish a goal.
Today is full of possibilities.	My past does not control my future.	I greet today with confidence and ease.
I want to see what happens if I do not give up.	I like who I am becoming.	I will not give up. Great things take time.
I can make good decisions for my future and myself.	I love and believe in myself.	My potential to succeed is limitless.

Register for the Weigh2Go Challenge to access all of the Weigh2Focus resources!

