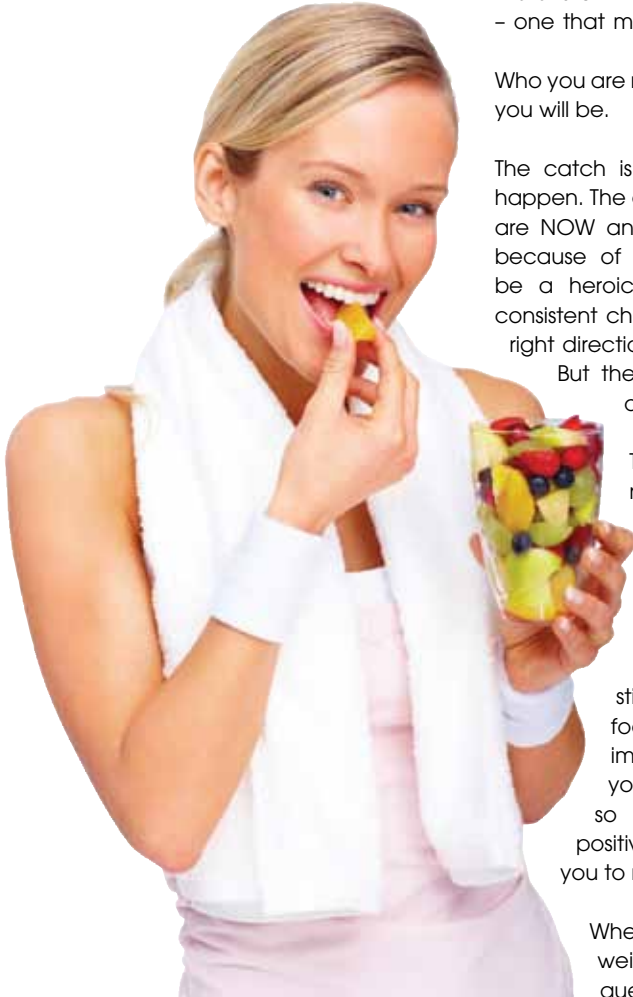


# Weight **Masters**



Whether you struggle with your weight, or maybe you make poor decisions, in other areas of your life (no matter what the size) – basically whatever your vice may be; we have all been on the brink of a breakthrough, only to fall short with no one to blame but ourselves. Whether you’ve been there once or 100 times, there is an important lesson to learn here – one that may not be the most obvious:

Who you are now does not determine who you will be.

The catch is this: you have to MAKE it happen. The difference between who you are NOW and who you will BE happens because of choice. It doesn’t have to be a heroic choice, it can be small/consistent choices made everyday in the right direction that make the difference.

But they MUST be made and can only be made by you.

To achieve your goals you need to understand your starting point so you can track your progress and make the most resourceful choices.

That is why I am such a stickler about keeping a food journal! I feel it is vitally important to understand what you are putting into your body so you can make conscious positive changes that will allow you to reach your goals.

When it comes to health and weight here are a sample of questions to ask yourself:

*Who you are now does not determine who you will be*