

MOTTO #1

1st SESSION -- PLEASE PRINT and CUT THESE OUT
AND PLACE THEM EVERYWHERE
(Please enter your Goal Weight on cards)

**I enjoy being positive in thoughts, self talk,
attitudes, beliefs and behaviors ...
_____ lbs. HERE I COME!**

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attitudes, beliefs and behaviors ...
_____ lbs. HERE I COME!**

**I enjoy being positive in thoughts, self talk,
attitudes, beliefs and behaviors ...
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**I enjoy being positive in thoughts, self talk,
attitudes, beliefs and behaviors ...
_____ lbs. HERE I COME!**