

... It's Not About Being Perfect



Your 12 Months From Now Fat Loss Visualisation Technique

After you've done your 12 months from now visualisation technique, write it down. Even if it's a full page, write all the feelings that you feel, the excitement, the love that you feel for yourself, the hope, the gratefulness that you feel for allowing yourself to have come that far. Write down what people are saying, what you were saying to yourself. All of it.

And keep looking at this, do it once-a-day if possible, do it at least a few times a week, because you want to pull yourself back to believing in yourself when you start going down that track of thinking things are spiralling out of control, and your belief in yourself starts to go out the window.



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