



Live Your Perfect Weight

Weekly Insight

May 26, 2009

SIX THINGS TO KEEP IN MIND

“No matter where you go or what you do, you live your entire life within the confines of your head.” –Terry Josephson-

For this week’s Insights I first and foremost want to remind you how important it is to do your daily affirmations. Old habits are hard to break and it is so easy to fall back to what you have always done and what you know. So remember to do your daily affirmations.

Here are six things to keep in mind:

1. Gratitude – Be thankful for all you have and for what your body and mind can accomplish.
2. Desire – Know what you want and remember what you want wants you – make it good.
3. Ask – Be clear and be detailed.
4. Believe – Have faith and don’t get discouraged – work towards your goals.
5. Meditate. Take 10 – 15 minutes of quiet time where you can study, dream, repeat your affirmations and be grateful for your blessings
6. Allow – Follow through when inspired and follow through with your dreams.

I have these quotes on my dream board to remind me that I hold the power for my life, and I am the one that can change what I don’t like:

“At the end of the day the only person that can be responsible for me – is me – I can’t change anyone else. Look at my own ownership – look from within”.

“We become what we think about” – Earl Nightingale

“You are the same today as you will be in five years except for two things: the books you read and the people you meet” – Charlie “Tremendous” Jones

Till Next Time,

Rosemary R. Evans

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