

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



CHOOSE RIGHT NOW TO MOVE FORWARD, POSITIVELY AND CONFIDENTLY INTO YOUR INCREDIBLE FUTURE

Everything you know is based on what has already happened in your life. And yet, your only influence right now is over things that have not yet happened. The things that have already happened have gotten you to where you are right now. What you need to be concerned with, however, is where to go from here.

Because you're so intimately familiar with your own past, it may seem that you have no choice but to continue moving in the same direction as before. But that is not true. Your future does not equal your past. Right now, there are an infinite number of paths which you can take. The one you're currently on is only one of them. Any of the rest are available to you.

If you're completely satisfied with where you're going, then by all means keep on going that way. But there is no reason in the world why you have to keep following that same path if it is not bringing you full and lasting fulfillment.

Every moment you have a choice, regardless of what has happened before. Choose right now to move forward, positively and confidently into your incredible future.

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