

Living with intent

move with deliberate purpose on the path you created . . .

Why did you invest in WLS?

I had WLS so that I _____

Weight loss surgery is an investment, a choice to pursue a deep belief in yourself and invest in the quality of life you desire. What promises did you make to yourself at the beginning of this journey?

What is Most Important in Your Life?

1. _____

2. _____

3. _____

The way we live and expend our life energy tells the truth about the priorities we are actually living. How much quality time did you devote to these three things last week? Is that amount of time a true reflection of how important these 3 things are?

Where Do You Want To Go?

My health and wellness goals _____

What do you want to accomplish for your health and wellness in the next 90 days? 6 months? 5 years? You'll be surprised at the momentum you create by simply stating out loud what you want.

My Space of Intention

My Space of Intention will be _____

Create a consistent ritual in your life for focusing on your goals, tracking your progress and identifying potential challenge. Allow yourself to stay true to the path you've chosen for your life.

