

**GET STARTED
WITH WEIGHT LOSS**

HOW TO GET HEALTHY, BE HAPPY AND LOVE LIFE

JENNIFER FREYTAG

...a more positive attitude?

We talked about improving your mood on page 10 to improve your attitude as well.

It just so it won't screw up your

...and applies to so many people. You often feel angry, resentful or hurtful about their past and we can't do anything about it. There's a saying, "Face the music." That's what you should do with your past. Depending on what you need to forgive yourself for, it could be a few years, but if you confront it head-on, it won't automatically impact your entire life in a negative way. It's about the present instead of the past. A terrible mistake is to let the weight of the past be a burden that keeps you from looking forward!

...about dreams and how right working when doing the things you love tends to be more consistent than the things you do when there's less of a chance of being motivated.

...steps a week at 8:30 a.m. and other days I'll work out in the morning regardless. I just want you to know I'm already doing something when I know I'm already done something. I will say I don't think there is generally just a habit. I will set my alarm, but I'll be sure I'm up and ready to go. I will be sure I'm up and ready to go. I will be sure I'm up and ready to go.

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