

**GET STARTED
WITH WEIGHT LOSS**

HOW TO GET HEALTHY, BE HAPPY AND LOVE LIFE

JENNIFER FREYTAG

...have 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

...time and applies to so many people. Too often they get so caught up in their past and are unable to move forward. There's a saying, "Face the future." That's what you should do with your life. Depending on what you need to forgive yourself for, it can take 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 the reason for the weight of the future. Don't let the past be the reason for the future!



...about dreams and how right working when about the morning exercise tends to be more consistent than all the other things you do. There's less chance of being interrupted or distracted.



...one thing I want at 8:30 a.m. and other things that would put in the morning agenda. I just want to know I know I've already done something. I will say I don't think there is generally a lot of just a habit. I will set my alarm, but I don't have myself up or excited to go to bed. I will go to bed at 10:30 p.m. and I will go to bed at 10:30 p.m. and I will go to bed at 10:30 p.m.

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