



Believing is the first step to achieving.

Believe not just with your mind but with your heart.

Believing with your heart means you can feel what it feels like to achieve whatever it is that you are working towards.

When I was training for Boston, every time I ran I imagined I was running the race. I would imagine what I thought it would feel like to cross the finish line strong and with a smile on my face, because that was my goal.

If you wish to weigh less, imagine what it feels like to:

- Feel lighter
- Feel strong and confident that you can easily maintain your feel great weight
- Feel comfortable in your favourite clothes
- Look in the mirror and like what you see
- See a picture of yourself and love it.

Imagine the happiness and love you would feel for yourself if you felt all of those things.

Do not attach numbers to it. Do not attach timelines. How much you weigh is really not important. I guarantee that when you feel all of the above, how much you weigh will be the last thing you think about.

**Feel to Believe**

**Believe to Achieve**