

Day 7

"And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made."

Genesis, 2:2

*C*ongratulations on completing your first week of transforming your health and vitality. We believe that if a practice is good enough for God it is good enough for us to follow, so today is your day of rest from thinking about your food plan. Your exercise today should be a joyful expression of your health. Take time today to experience nature, music, friends, a good book and anything that takes you out of your head and into the feeling side of life. This is not permission to sabotage your week of consciousness. It is permission to relax and practice relating to your eating as the natural thing that we do as human beings to live. Remember to have fun!

Today, I am grateful for:

Rate your success today:	Not a chance		OK	Perfect	
Following my food plan	1	2	3	4	5
Woke Up when I promised	1	2	3	4	5
Drank all my water	1	2	3	4	5
Followed my exercise plan	1	2	3	4	5
Felt good about my progress	1	2	3	4	5

Day 8

"It doesn't matter how slowly you go
so long as you do not stop."
Confucius

Congratulations on completing your first week. We're sure you are evaluating your progress. Some of you may be amazed at the change in your weight, others in just how you feel. Regardless of your results, we ask you only to focus on your willingness to change. Today, be grateful that you have choice. You choose to eat for energy or comfort. You choose to exercise to achieve your goals, or to delay your success. There is no right or wrong, just how quickly you get the results you are after. If you keep making improvements each day the results will come in time. In her book, *Simple Abundance*, author Sarah Ban Breathnach encourages us to become grateful for the life we have. Each night she suggests we write down five things for which we are grateful today. Try it and you will be amazed at the velocity with which your life changes. Remember to have fun!

Today, I am grateful for:

Rate your success today:	Not a chance	OK	Perfect
Following my food plan	1	2	3 4 5
Woke Up when I promised	1	2	3 4 5
Drank all my water	1	2	3 4 5
Followed my exercise plan	1	2	3 4 5
Felt good about my progress	1	2	3 4 5

Day 9

"Courage is the price that
Life exacts for granting peace."
Amelia Earhart, American aviator

Courage! Now what can that have to do with food plans, happiness, and wellness? When you follow your path to your beauty, courage can be your best friend. The courage to not care what others think, about your body or the food you are eating. Courage to have your friends dress you in the clothes they would love you to wear. Courage to exercise when you would rather stick your head in the garbage can. Courage to start over after a bad day. Do you get my drift? Ninety percent of the battle is the courage to take on the fight. The other 10% will just follow along. Today notice how courageous you are, even if you feel like the Cowardly Lion in the Wizard of Oz. Courage is not the absence of fear, it is being scared to death and doing the task any way. Forge a brave path today and most of all have fun!

Today, I am grateful for:

Rate your success today:	Not a chance		OK	Perfect	
Following my food plan	1	2	3	4	5
Woke Up when I promised	1	2	3	4	5
Drank all my water	1	2	3	4	5
Followed my exercise plan	1	2	3	4	5
Felt good about my progress	1	2	3	4	5