

That is too hard for me.

I can't do it.

It works for her because she doesn't have a life like mine.

I can't cook like that because my husband won't eat it.

I don't have the time.

Do any of these sound familiar to you?

When we create new habits, we have to create new mindsets to support those habits. You are no longer a victim, and those negative, problem-oriented thoughts no longer have a place in your life. Instead, look for possibilities instead of limitations. Can you imagine living a vibrant life, filled with energy and abundance? When you eat better, you feel better. When you move more, you become happier and more energetic. You sleep better, so you are more rested the next morning and have better focus and mental clarity. Do you see the pattern?

You don't *have* to eat the salad, you *get* to eat it.

You don't *have* to work out, you *get* to work out.

We don't just *get* to choose our motivation, but also to *create* it.

The way you frame it is the way you feel it, so when you reframe it you can change your mindset. Make the decision that you are not a victim, although you may have been victimized. YOU get to decide who you are. In *Body Clutter*, I wrote that at my heaviest weight, I wore a "fleshy shield." It wasn't until I let go of the victim mentality that I was able to lose the weight. Getting hurt may not have been my fault, but healing was my responsibility.

Your life is worth more than your past. God sees a David in all of us, or we wouldn't be here. Who are we to decide that we can't do all the things?

When we change our story we change the outcome. Our lives are constantly evolving and changing so we can be more than we were before.

We need to be inquisitive and ask questions; to recognize when we don't have the answers and to seek them out.

You are not helpless.

You can say NO.

You can decide to take back your control and to stop giving it away to sugar, negative self-talk, or excuses.

You can take back your life at any time.