

CLICK! Do you hear that?

When it clicks, it clicks.

Something happens that finally connects the dots and you never look back.

- It's happened here with the Hot Melt Sprint
- It's happened at the doctor's office
- It's happened when you needed a seatbelt extender
- It's happened when you couldn't go on a theme park ride with your child
- It's happened when you saw a photo of yourself
- It's happened when you couldn't put on your own socks

When you hit your rock bottom, it clicks!

If you keep doing what you've always done, you'll keep getting what you've always gotten.

In those dark times, we can see a glimmer of HOPE, but only if we're looking.

LOOK UP. LOOK OUT. LOOK IN.

UP: God is just waiting for you to ask!

OUT: Your community awaits with open arms!

IN: Are you invested in yourself or your excuses?

Do this "looking." All three hold your unique solution offering HELP - heart, mind, body, and soul.

The How's are there too!

Connect the DOTS - follow the directions, print out the manual, and prepare.

To prepare fully, you need to remember Heart, Mind, Body and Soul.

1. Start with WHY: It has to be compelling. The WHY Matrix/ Framework helps a lot!
2. Move to Gratitude - write down 3 things you are grateful for DAILY.
3. "Find a way." Diana Nyad the tough stuff - if a 64-year-old woman can swim through sharks and jellyfish, you can figure out your most excellent plan.

4. Emulate, but don't duplicate. See success? Do what they do, but don't be afraid to adapt. (my standing ab workout, for example)

5. When it gets hard, look up! It's not willpower, it's HIS power. "I can do ALL things through Christ which strengtheneth me." - Philippians 4:13.

6. Fear is just an excuse for not living a full and vibrant life. REPEAT - How has fear ever served you or helped you?

7. You get to CHOOSE who you are. I am an athlete, BTW! Don't define yourself by your weight, you're so much more than that.

8. Wise Women do all of this--shampoo, rinse, repeat. You know why? Wise Women have GRIT, not quit!