

"I want to see what happens if I don't give up.

There are so many opportunities to quit..."

These were the words spoken by Stephanie in my workout group.

She lost 180lbs in 19 months - that's less than 10lbs a month BTW - she recreated herself!

She realized that her Personal Power was the factor in this recreation.

All week, we talked about Personal Power on the Daily Dish Show, and yesterday we focused on what it takes to recreate yourself.

I have no idea what Stephanies "plan" was - all I know is she made one, she followed it and she tapped into her Personal Power to stick with it.

Like she said, "There are many opportunities to quit..."

And Wednesday is typically QUIT DAY for the first wave of Sprinters.

Dr Joe Dispenza, author of Breaking the Habit of Being Yourself, says:

"If you know that by staying in your present and severing or pruning your connections with the past, you can have access to all the possible outcomes in the quantum field, why would you choose to live in the past and keep creating the same future for yourself?"

Wise Women know that dreams can come true.

Wise Women also know that it has a lot to do with work and very little to do with magic, fairy dust, and wishing upon a star.

BOLDNESS - FIERCENESS - COMMITMENT - all coupled with red hot desire - clarifies and creates the Personal Power necessary to keep going and stop giving our lives and agendas over to things that have no meaning.

We will be interrupted, always. Things will never go perfectly.

But we know, as Wise Women, that this is just how life is. We don't quit - we have GRIT!

When you're driving and miss a turn, do you pull over, park the car, and say to the family, "Sorry, we're not going now." ?

Or like the pesky GPS lady, do you simply announce "Recalculating" and figure the darn thing out?

Personal Power keeps Wise Women going. Are you ready to stay the course? Here's how it's done:

1. Say no and mean it; say yes and mean it. Let your no be no and your yes, yes.

2. Schedule whatever it is, and stick to it. Want to exercise? Set aside time and honor it like you would a doctor's appointment.

3. Your WHY is all! Talk, write, do! Decide, Declare, and Decree it!

4. 100% in is easier than 95% in!

5. Write your goals in affirmations DAILY. For a better understanding and a great tool, use the Take Back Your Life Journal!

6. Motivation is the RESULT of doing, not the other way around. (Stop waiting for it to come knocking!)

7. Your workouts make feel-good hormones. When you feel good, you keep going.

8. Accountability is everything!

9. Comparison is the worst! Stop comparing yourself and your journey to those around you.

10. Blessed are the flexible; for they will not be broken!

Do you see what happens if you don't give up?

I want to see what happens for you if you don't quit.
Hang in there, okay? I'm for you and with you! xo