

When you believe that you can't do something - well, let's just say you'll find all kinds of evidence to support that belief. You'll find people to agree, too!

There's no power in UN-belief...it's dead, non-existent. BUT, there is power in belief...there's something there.

When you're the lead character in "Lifestyles of the 'B\*tch and Aimless," you're locked into victimhood and feeling like you're not good enough. You spend your days whining, complaining, and comparing how good everyone else has it, but not poor you.

You spread misery like a 4-year-old spreads peanut butter - it's EVERYWHERE!

All you see is YOU! No rose-colored glasses, just YOU colored glasses, and life sucks!

Time for the FLIP - it all boils down to one question, assuming you have hopes, dreams, goals, and desires in your life...

***How would the person I would like to be, do the things I'm about to do?***

Jim Cathcart, author of *The Acorn Principle*, says that "we are not biological coincidences." We are indeed fearfully and wonderfully made. Therefore, the question we must ask ourselves, to leave behind all the negativity and garbage so we can step into a life worth living is:

***Would the person I'd like to become, do what I am about to do?***

- If I want meaningful relationships (with anyone really), would I not give that person my full attention and listen?
- If I want a healthy, fit body, would I make a decision that fast food has no place in my life?
- If I want a lovely home, would I clean up after myself, make my bed, and fluff the pillows on the couch?

What you do, think, say, eat, move, and drink all have an impact on the future you.

Do you remember the commercial with the woman and cinnamon buns on her backside? It was a commercial from 2001 for NutriGrain Bars. ([You can watch it here](#))

NutriGrains catch phrase was "Respect yourself in the morning." I want you to respect yourself ALL DAY.

It's time to think and do just like the person you want to become.

Because becoming starts with TODAY.

The person you are designed to be is within you, and Wise Women spend their time, energy, and focus on that pursuit.

It's worthwhile - it's your DUTY!

YOU ARE NOT A BIOLOGICAL COINCIDENCE!

It's time to take your place and become the very best version of yourself. Ask yourself what you want and think - what if one year from now everything could be different?

Can you imagine if you ate like the healthy, fit woman you want to be?

You BECOME her when you act like her now. Becoming is doing - it's not by chance.

It's on purpose, for a purpose...because YOU are created on purpose, for a purpose.

No more Cinna-butts. Today is the day to live your future self.

Respect yourself - ALL day long!