

We spoke about being the creators of our own lives, and the immense motivation and momentum that comes along with it.

When you decide that you're going to create your own life, there is no crowdsourcing allowed. It doesn't matter what people's opinions are, or what they think you should be doing. Remember, you are not playing for an audience. This is your life, and you get to orchestrate everything that comes into it.

Life is fleeting - you have to live your best life today. The things that light you up create your motivation. What are you exhilarated about? What gets you out of bed in the morning? I get so excited to see your vision boards in the Hot Melt Sprint Group. They light me up, so I can only imagine how motivating they are to their creators!

Can we take a minute to appreciate the masterpieces created by some of our lovelies?



Make the decision to be the creator of your own life. Instead of sailing into the abyss, you're sailing your ship toward the rich, vibrant life that you are envisioning.

Momentum + Motivation = Magic

How do we accomplish this?

Step 1: Your "why" needs to light you up! If you don't understand your "why," keep asking questions until you get to your answer.

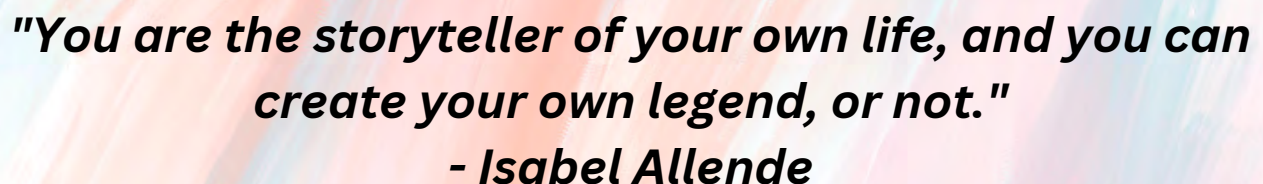
For example: I want to lose weight. Why- so I can be more active. Why- so I can comfortably play with my kids in the pool or playground without getting winded. Why- *so I can be a better mother*. There it is!

Step 2: Stay educated. Know why you are doing the things you do, and what your outcome will be because of it. Why do you follow a low carb/ keto plan? Why do you fast intermittently? Why do you use CravePowder (L-Glutamine) for cravings? What is the science behind each of those things?

Step 3: Create checkpoints in your life to measure your progress. These can be whatever makes sense for your goals, but for example- we measure and weigh ourselves before AND after the Hot Melt Sprint to see our progress.

Step 4: Community creates accountability. I've read 9 different studies that show how community creates the success you are after.

Step 5: Self Care. Remind yourself that you are worth the time, energy and creation of a new life.



***"You are the storyteller of your own life, and you can create your own legend, or not."  
- Isabel Allende***