

## Commitment and Momentum

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I love reading personal success stories about weight loss and fitness. The happiness the individuals express in their written descriptions is always mirrored in their faces in the “after” pictures. And regardless of differences in age, gender, or amount of weight loss, there are always two common components in their stories.

The first thing the stories have in common is the statement of a commitment. Every story always identifies a specific time or incident when they individual said, “Enough.” It was at that time they knew they must change.

The second thing the stories have in common is the description of an initial struggle and frustration with their rate of progress. This initial frustration is always followed by positive momentum that carries them to success.

Make a commitment. Hang in there long enough to catch the wave.



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