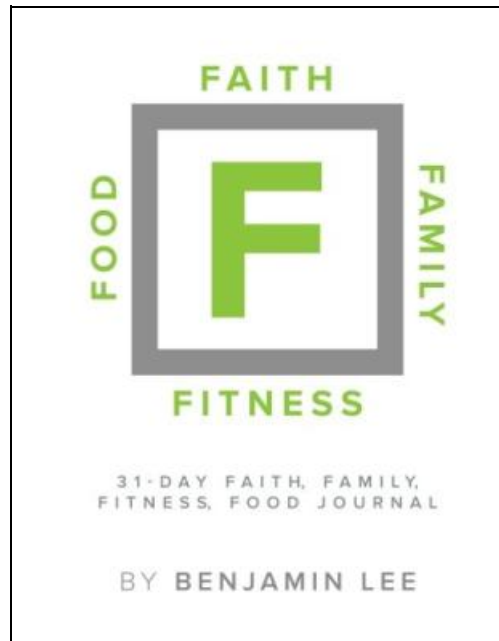


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FAITH, FAMILY, FITNESS, FOOD MOTIVATIONAL JOURNAL: A 31 DAY MOTIVATIONAL JOURNAL



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 66 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Are you done with the EXCUSES Are you ready for CHANGE Then lets go! My name is Benjamin Lee. In August of 2016, I was 38 years old, fat, and without a lot of confidence. I felt like I was stuck. I wasn't happy with my weight. I wasn't happy with my body. In fact, I couldn't fit into some of my clothes. Would things ever change for me On August 28th, 2016 things would change for me. . . I began my year of transformation. I started exercising six days a week, 25-35 minutes per workout. I began eating six times per day and taking the proper supplements. And I began to do something else I started journaling everything I did. This was a big part of my success. I planned and prepared what and when I was going to eat. I did my best to record everything I consumed. I didn't always document perfectly, but putting pen to paper helped me tremendously it will help you too. To be intentional with your plans is powerful. Putting your thoughts down on paper is also powerful; it makes things that much more real. I had another realization in 2016. I recognized that to transform our physical bodies we must also transform our mindset. When we get our mindset right, the body will follow. To help get my mind right, I began to write out motivational thoughts to myself. I would write down certain phrases over and over to flood my mind with good thoughts. I also wrote my prayers out on a daily basis. I love doing this. It forces me to slow down and really think about...



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