



WRITE YOURSELF A LETTER

- Imagine yourself at your goal weight, THM is a way of life, and you've found your favorite exercise. Spend 15 minutes really putting yourself there.
- Remember that life will still be 50/50. Life is 50% amazing and 50% terrible. Life will not be rainbows, daisies, and unicorns. You'll have good days and bad days.
- Write the letter FROM your future self who has achieved the goal to your current self.
- Date the letter for 1 year from today.
- Write as someone who has achieved the goal. What does she want to tell you? What thoughts did she adopt to get you to your goals? What feelings? What are the most important actions to take? What can you let go of?

Don't skip this powerful exercise.

