

Chapter 7 - Mindset Matters Most

<u>Daily Feelings / Emotions</u>	<u>Daily Conversations With Yourself or Others</u>	<u>New Conversations With Yourself or Others</u>
<i>Example: Fear</i>	<i>I can't lose weight</i>	<i>I am worthy enough to lose weight and even though it's going to challenge me I will lose weight and look and feel amazing.</i>

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