

# Oh, the Places You'll Go!

Be careful how you live....make a plan and stick to it....make the most of your every opportunity.

Don't be foolish with your life.....learn to understand....live a rich and full life.

We have been given resilient bodies and good minds....we must learn to recognize that and take advantage of it.

Are you meeting your responsibilities to yourself....you know...we are our own worst enemy...we so often sabotage our efforts....make unwise choices....live foolishly and many times make less than desirable choices for ourselves.

So...how do we avoid costly pitfalls along our journeys towards a healthier lifestyle....how do we keep a clear head...a brain in good working order? Addictions are many in our society...food addictions included....and families can get destroyed.....

Think about it! Are we all that we were created to be....are we maintaining our full potential.....maybe it's time to turn our lives around...we need to acquire a clear mind and a positive spirit.

Choose to be happy today and everyday.....fellow TOPS chapter members are always there for you ....if you let them in....they can help you down the right track.....don't let circumstances control how you look at life.....

## *Attitude & Gratitude*

We choose our attitude each and every day....10% comes from what actually happens to us and 90% comes from how we react to what happens to us.....

Some of the richest and happiest folks out and about in the world today are those who carry with them an attitude of gratitude....nobody owes us nothing.....count your blessings....

Develop your attitude of gratitude...because you don't want to miss out....

## *It's a Holiday Affair*

Now is the time you want to gear yourself up.....be prepared.....for those holiday events in your life.....because often times food becomes the center of attention.....when instead it should be about family and friends.....Be Heart Strong....Stay Focused on your journey.....Be Thinner and Healthier....for the rest of your life.....because you just never know of the places you'll go! You want to be ready.