



"Build Your Motivation" Motivational Journal for Weight Loss

Kleida Selca

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A familiar and helpful tool in weight loss, with a new spin to it. That is what you will find in this motivational journal. Research shows that by keeping a food journal we can have more success in losing weight because we become more aware of how much, or what we eat. If keeping a food journal helps you become more aware of how much, or what you eat, keeping a motivational journal will help you learn to face and deal successfully, with the obstacles that have prevented you from succeeding in the long term in reaching and maintaining your weight loss goals. This journal will be a great tool during your efforts in trying to reach or maintain your weight loss goals. These are few reasons why: 1-You will learn to handle properly your food cravings and the feelings of excessive guilt, when you give in to those cravings. 2-You will learn how to handle procrastination and other excuses that don't let you move forward. 3-You will learn that in order to succeed is crucial to feel good about yourself even if you fall of the wagon, or the number on the scale is not what you expected. In the pages of this journal, you will find motivation quotes, tips and reminders to help you continue to be committed, accountable, honest and kind with yourself during your ups and downs of your journey. Start today to build your motivation from inside out and change your old attitudes toward yourself and your weight loss journey, which in turn, will fuel and propel you forward in reaching and maintaining your weight loss goals.

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Kent Ibarra:

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