

my goals

"God meant for my body to be healthy and strong.  
I am worth the time it will take to make myself stronger and healthier.

It won't be easy, *but it will be worth it.*  
Yes, it's okay to do this for those who love me as well, but this is for me.  
I was beautiful then, I am beautiful now, and I will be beautiful tomorrow.

**I CAN DO THIS.**

I can do this despite feeling like I can't, or that I've been told I can't.  
My body is beautiful at any size.  
My body is going to be unstoppable when I'm healthier and stronger, so watch out!  
**NOTHING WILL DEFINE ME.**

*Nothing will stop me.*  
**I CAN DO THIS!"**

you  
are  
**Amazing!**

never  
stop