

From Fat Frumpy and Frustrated to Fabulous
Mindset List

- Get Up To Alarm, NO Snooze
- 5 Minute Journal
- Eat Breakfast
- Take AM Supplements
- Drink Water
- 5 Minute Exercises
- Eat Lunch, Walk, Water
- Community Support Group
- Keep Goal In Front Of Me
- Eat and take PM Supplements

Remember, I'm not perfect; but, I am worth it. Take each day, one day at a time and do my best to eliminate negative, learn something new and stick to my new way of thinking and living.

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