

Loving the Journey

Weight loss is often considered to be a giant leap from one state of being to another. "I weigh this much now, and I want to weigh that much. I wear this size clothing now, and I want to wear that size." The thought of your chosen end goal is so enticing and powerful that you'll do anything to hurry the process along. A sense of dissatisfaction with where you are now quickly turns into urgency and desperation as you race for that coveted finish line - "Being Thin".

You believe that once you reach that finish line, only happiness lies beyond. "Once I get this weight off, I'll feel much better. Once I lose weight, I'll be able to finally live my life. Once I'm thin, everything in my life will fall magically into place." But by hurrying to the finish line you miss out on what could be one of the most empowering, inspiring journeys of your life.

Rather than hating where you are now and rushing to get somewhere you think is "better," make a commitment to savor every step along the journey to a better you. Enjoy the process of nourishing your body. Enjoy the sensation of your clothing beginning to grow loose on your body. Be proud of the positive changes you are making in your life, and know that you deserve every bit of tender loving care you choose to devote to yourself.

An amazing thing happens when you commit to loving the journey: every step becomes joyful and meaningful. Every milestone becomes an opportunity to rest, reflect, and feel good about how far you've come. Even better, you begin to look forward to each consecutive step along your path, and before you realize it you've crossed the finish line and kept going because the journey itself has become so rewarding.