

Being Fit is Freedom

Week #10 ~

Where is Your Freedom Path Taking You Next?

Congratulations. I am so proud to have you as a friend on this fitness journey. Look around and you will see that very few people in life really commit to making the big, difficult decision to make their fitness a priority. You're different and that makes you a Superstar.

Thank you so much for playing all out and staying in the room. You've made the difference not only in your own life but in the entire community. It's easier to soar with friends by your side.

Thank you so much again for being here, I can't wait to connect again soon.

Hugs ~ Kelly

Remember Your Big WHY - How has it changed?

What does fitness freedom look now? What will you do next? What trips will you take? What goals will you reach?

What has changed in your life over the last 10 weeks?

Any new kryptonite you uncovered? Any habits/actions/lack of actions/thoughts that are still holding you back from what you want? List them and eliminate them.

How do you feel?

Milestones & Checkpoints. Any new milestones to add? Any commitments to checkoff the list?
What next in 3 - 6 months? What checkpoints will keep you on track and making progress?