

**BONUS
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INSPIRATIONAL *QUOTES*

How To Stay Focused
and Motivated

WITH WENDY NICHOLSON

Inspirational Quotes



Tips and strategies...

Whenever I come across an inspiring message, I write it down, save it on my phone app, or share it on my social media pages.

These quotes and notes really help me stay focused and motivated, just like keeping a gratitude journal...but it's not just about positivity.

When things aren't going well, it can be helpful to write down what we're feeling or the lessons we're learning. That way, we can reflect on our experiences and grow from them.

Take a moment to jot down how you're feeling or any lessons you've learned on your weight loss journey.

It's a great way to stay on track.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

- Print off the following page(s)



--To print in colour, select page 3



--To print in grayscale, select page 4

- Write down your favourite quotes
- As you journal, you will create some of your own quotes to help inspire yourself and maybe share with others too!!

Inspirational Quotes


