



PERFECTION IS IMPERFECT

It is not about being perfect, it is about consistent effort. Successful change usually takes multiple efforts. It is not about how many times you fall, it is about how many times you get back up.

For example, if you are trying to lose weight, be careful not to cut out everything you like to eat all at once. It is perfectly fine to have an occasional indulgence — and then quickly get back on track.

If they can do it, you can too.

**For more tips and information on the program visit:
www.missionmotivate.com**