

I am a Champion!



I will conquer overeating. Defeat will not be in my creed. I will believe where others have doubted.
I will always uphold the prestige, honor and respect of my weight loss team.
I have trained my mind and my body will follow.

Who am I? I am a champion!

I will acknowledge the fact that fast food does not expect me to win, but I will never surrender.
Weakness will not be in my heart.

I will arrive at the cutting edge of my food plan and win, by any means at my disposal.
I accept the fact that my weight loss team expects me to move faster and fight harder and get to goal.
Never shall I fail my weight loss teammates.
I will always keep myself mentally alert, physically strong and morally straight,
and I will shoulder more of my share of the task whatever it may be, 100%

Who am I? I am a champion!

Gallantly will I show the world that I am a specially selected and well-trained weight loss warrior.
My heart and my soul will be the fuel to carry my body when my limbs are too weary.
I will never falter I will never lose focus.
As long as there is hope in my mind and my heart still beats,
I will never give into the over indulgence that is weakness, and I will fight that indulgence with my dying
breath.

Who am I? I am a champion!

Energetically when I meet my trigger foods and sloth they will not challenge me,
they will not stop me from my goal.
I shall defeat them on the table of battle, for I am motivated and will fight with all of my might.
Defeat, retreat are not a champions words.
I will never leave anything but the very best at the scale with my weight loss teammates,
and under no circumstances will I ever surrender.

Who am I? I am a champion!

Readily will I display the discipline and strength required to fight forward to my objective,
and complete that objective. I will rise when I have fallen.
I will rip the heart from the Pillsbury dough boy and leave it beating on the ground because he cannot
stop me.

Who am I? I am a champion!

The scale may not fear me, but it will respect me.
And if the scale does not I will make it respect me with all that I have to give.

Who am I? I am a champion!
It is our time, Not tomorrow, not next week, but right now.
No one will say I have not given all I have to give, and no one will take my glory.

Who am I? I am a champion!
History will remember me! No one will deny me! No one will define me!
No one will tell me who and what I am, and what I can be!
Who am I? I am a champion!

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