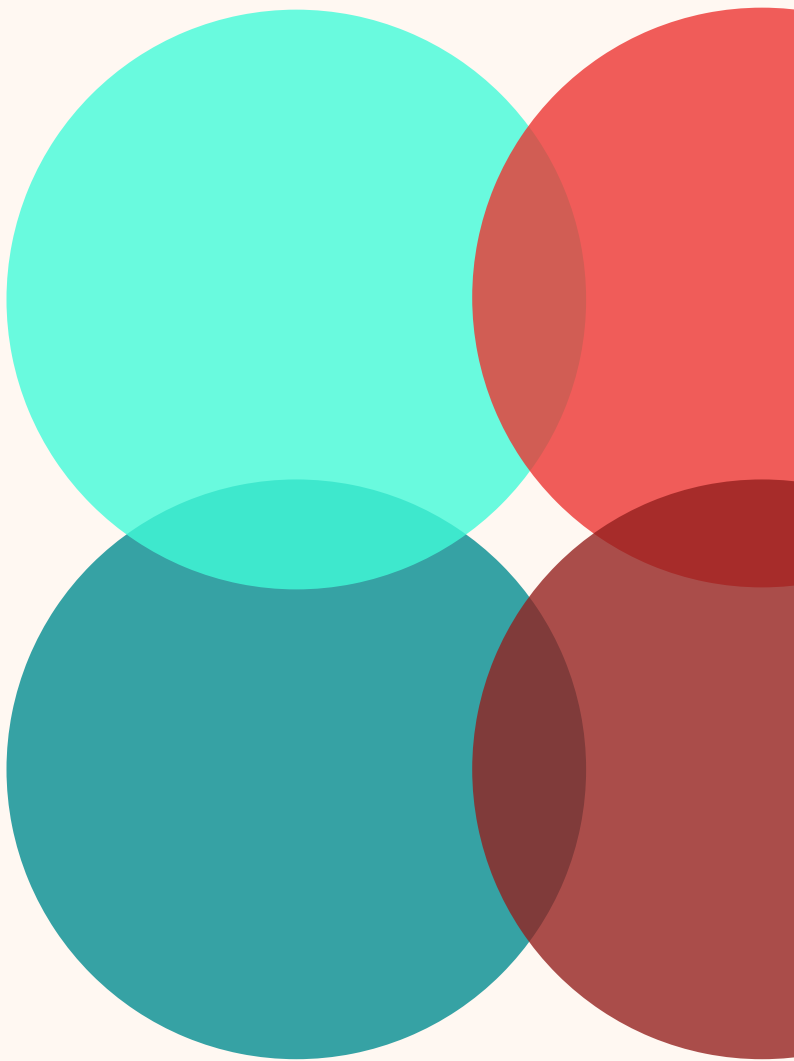


masters club

PRIMAAL POTENTIAL

AUGUST 2017
travelers gift letters



What are the behaviors that make me feel most alive and most eager to engage fully with life?

To choose anything other than that today or any day means a decision to suffer, miss out, settle and say “no” to what is possible for me.

Feeling most alive, feeling joyful and desiring to live at the highest level requires that I take impeccable care of myself. Choosing anything other than impeccable self care means living at a level below what is available to me.

Easing off doesn't make things easier. I have suffered enough. I have created a backlog of excuses, exceptions & justifications that confined me to a life of fear, hiding, depression and negativity. I've left that behind.

There are no more excuses, exceptions & justifications.

I refuse everything that doesn't actively support my happiest, fullest and most joyful life.

Gratitude is a minimum standard in my life. Joy & celebration are the filters through which I see my days.

I am where I am, moment to moment, because of my thoughts. If I don't like how I'm feeling, I have the power to immediately change my thoughts.

Change can happen right now & I have to create it. I get what I seek.

My thoughts are constructive, never destructive. No longer will I bombard my mind with materials that feed my doubts and fears.

Fear has no place in my life. I do not play safe or small.

I do not spend time in my comfort zone.

I am bold & determined. That is reflected in my daily actions.

First: I am enough. I am always more than enough. And, I am never alone.

I practice self care, radical self acceptance, objective reflection, joy, and happiness. I find these in a number of activities - the common threads being consistency and discipline.

I am on guard for my excuses. They lurk around the corners of opportune times and appearing as the first answers when they are really unexamined reactions that pull the strings of what I sew.

Phrases such as “..but I’ve been so good” “I took progress pictures today” “Everyone else is here drinking/eating/overindulging” “I don’t have enough time” “It’s ok if I skip a day” and “I can’t, I’m so stressed out” ...are dangerous imposters of how I feel and what I truly desire: to live my best life, breaking free from the chains of addiction and mediocrity. I do not tolerate mediocrity.

Instead, I defy Fear’s ceiling by rising to the occasion of challenge. I see change and challenge as opportunities for growth and discovery, diving into them with a grateful heart and intrepid perseverance.

I recognize the Unknown as my teacher, not my enemy, that helps forge my path to an extraordinary life. I am a champion of discomfort, The waters I must swim in to create an extraordinary life can and will be tumultuous at times. I expect this, and hone my strength one stroke at a time.

I realize nothing can be done about the past. There is only right now. I use the present to construct my future.

I take responsibility for my choices and use the past to refine my decisions in the present.

I forgive. When I forgive, I cut the weights from my ankles and am able to swim more effortlessly.

I follow my truth. I listen to my heart, soul, and body.

I make and take space to allow this information to take root in my mind, and to inform my decisions with an honest heart true to my purpose.

I hold gratitude in my heart at all times. Living my life is an amazing privilege and I live my days to the fullest. I cherish, honor, and care for those close to me who provide an abundance of love and support.

Remember: Faith releases miracles. The brightest star shreds the darkest night.
The strongest steel is forged in the hottest fire.

I give myself the gift of a decided heart.

I will no longer return to old ways and stay there. I will consciously choose to pick myself back up quickly and to move forward.

I will no longer put off making a choice until tomorrow. I will keep this promise to myself.

I will intentionally choose a perspective of gratitude and abundance.

My life is amazing and I am so grateful for the wonderful people in it.

I will make choices that take me out of my comfort zone.

I will go after my goals with gusto.

I will not let fear hold me back.

My happiness is a choice. I will choose over and over again to be happy, content & joyful.

My life is what I make it! I will live fully & wholeheartedly.

I can change my future by changing my actions today.

Discipline is the path to freedom.

I will start today, right now! What I do today creates my future.

I focus on feeling amazing for the day, not for the moment. Don't fear missing out on the momentary joy of food, don't miss out on the joy of life!

How I live today is how I live my life. I am a person of action.

I will create a new future by creating a new me.

I do not procrastinate, motivation comes from action. I spend more time acting on my life than thinking about it. Inaction is harder, action brings peace.

Action is the antidote to fear. Fear no longer has a place in my life.

I control my thoughts. When I chose my thoughts, I choose the results.

Decisions not circumstances control my destiny.

Worry is a waste of my imagination.

Challenges are a gift, an opportunity for growth and change.

I am responsible for my success. I get rid of the beliefs not serving me, I refuse to be average. I write my own story. I create my mind, body and life.

Emotions are not to be avoided, they are to be owned. I lean into my emotions and ask why. I have the power to change my perspective at any moment. I am in control of hard or easy.

You don't have happiness, you create it. How can I create happiness today? How can I love my body today?

I seek situations that make me grow. I do what works, not what is comfortable. I resist the temptation of my comfort zone. Discomfort = growth. You can't peruse greatness and comfort at the same time.

Don't fear big, fear mediocrity. Do things that scare you.

The best way to predict the future is to create it. Be fearlessly authentic. Be adventurous. Think bigger. Create a larger life!

You are the magic, you are the fire, you are unstoppable.

My goal is to live my life to the fullest, physically, emotionally and spiritually.

Every choice I am faced with, I measure it against how it helps me achieve my goal.

I have left behind my life of complacency and have a life of action.

I do not wait for things to change in my life, I take action and create change.

I will not be paralyzed by a fear of being less than perfect.

On the days I feel bogged down or frustrated, I just need to get up and move forward towards my goals, no procrastination, no second guessing, just keeping my eyes on my goals.

Progress is the most important part of my journey.

I take responsibility for every choice I make, and if I need to make a better choice the next time, I will do that.

I will not wallow in doubt or allow negative self talk to rule my thoughts.

I am positive, I am grateful, I am blessed. I feel great, and I will continue to make choices that allow me to feel great.

Don't put down the chisel The chisel may feel heavy and uncomfortable. It's a new tool or technique. you have to practice.

You'll earn your easy.

Remember the days where you saw the masterpiece in your mind, hoped and wanted that vision to be manifested but didn't know how to get there? You have the tools! You just have to use them.

Don't put down the chisel You've come this far don't leave a masterpiece unfinished! Your hands may be sore and blistered but you'll practice and get strong! Keep practicing. It's about practice not perfection.

Don't put down the chisel. Chisel with intention. Don't hit random spots. What is one area you can pursue today? You aren't expected to complete the masterpiece today, however you can execute excellence no matter the circumstances.

Don't look at the days gone by where you set your tools down. Those days have happened and you can only move forward. Seize the moment and your next choice. What work will make you feel proud?

Take up your tools and make some progress. Choose an area and master it. Don't lose your focus and turn to a new element until you've completed a skill.

Attack this work with joy, enthusiasm and gratitude. This is your process, no one else's.

Don't settle, it will be hard but the work will be worth it. Your choices today are determining the outcome of your work tomorrow!

Don't forget to document the journey. Be honest write it down.

Practice gratitude for the joys and struggles. Reflect on your future and be excited! What do you want to see in your work? What are your obstacles and how can you overcome them?

Keep pressing on and don't set down the chisel.

Take care of your tools. Sharpen them.

Look at the work you've done and be proud but not complacent. Is it time to sharpen that tool? Is it time for some detail work that you weren't ready for before? Is it time for some precision?

Don't stop before you're finished. It may be your best work yet but you're not done.

Don't put down the chisel!

This is how I build my best life:

Mindset – I choose how I want to feel:

I choose thoughts that serve me.

I get really clear each day on how I want to feel and what thoughts it will take to get there.

I make my choices based on how I want to feel.

Will this choice make me feel good, confident and proud? Will it bring me joy?

I travel light.

If a thought is weighing me down, I set it down and let it go.

I do not ruminate on thoughts that do not serve me.

I am a happy person. I choose to be happy. I build other people up.

I am grateful to have people in my life. My smile is my calling card. I do not complain.

I focus on what's right, not what's wrong.

I focus on what I want, not what I don't want.

I focus on the solution, not the problem.

I focus on the opportunity to move forward.

Courage – I do things that challenge me:

I acknowledge the fear and the lack of confidence and move forward anyway.

The strength and confidence will come.

I choose courage over comfort.

I can do hard things. Easy is earned.

The only path to achievement is through the hard stuff.

I don't care what other people think.

I am running my own race and I keep my eyes on my own lane.

I celebrate what I learn each day rather than focus on the times that I don't know the answer.

Action – I am a person of action:

I create the life I want with my thoughts and actions.

Only today matters. How can I capitalize on today?

I have everything I need right now to create my best life.

I know that my motivation will ebb and flow.

What I do when I feel low determines what I create in my life.

Motivation will come if I take that first step forward.

I know what I want to accomplish and how I want to feel.

I have matching daily, weekly and monthly goals.

I review my goals throughout the day and shift my focus as necessary to move forward.

It feels good to do the work and be proud of myself at the end of the day.

I consciously work on bringing my body to the next level of fitness.

I never skip twice.

You have overcome many obstacles.

You have done so with courage and without complaint.

You take responsibility for your actions and decisions and accept the outcome.

You have paid off all your debt.

You have educated yourself and have a great career.

You continually seek ways to evolve and grow.

You do your best to help others.

Your nieces and nephew look up to you.

The past two years have been challenging with numerous life changing events & losses.

In spite of that, you have been the happiest you have been in many years.

You have learned that you get what you think about.

You paint the picture in your mind.

You choose to be happy. You have chosen to be happy.

You are a strong. You do not give up.

You are not afraid of doing the work.

Remember.....look ahead, one step, one penny, one thought, one choice.

You've got this.

I am gifting myself with the FREEDOM to succeed, to become the best version of myself.

I have happiness in my soul based on pure joy.

I gift myself with a vision of what I will become, asking What now? What next? What is my best right now?

I no longer talk about changing, I MAKE the changes necessary to reach my goals.

Eating well, working out and taking great care of myself is a BLESSING. FOMO on food results in FOMO on LIFE!!!

One good choice, one good thought at a time.

I am passionate about me!! With passion, I will overcome insurmountable obstacles.

I will become unstoppable.

Believe in me! God has put the vision in me-Proceed!

Start with one choice.

I am positive-in my thoughts, words & actions.

I choose joy, over and over again.

I choose to live life to the fullest.

My personal growth leads to power.

I choose to become a person others want to be around influencing them positively & growing my business in this way.

Faith has no limits-I have everything I need.

The future as I choose it is mine.

I will continue to work towards my goals as to see & live my full potential.

I will persist without exception.

Don't EVER think that I can't change things! I can!

One decision, that I make, can change the world! So do it!

I am changing my life!

My Story... I have a strong mind. I depend on God to guide my thoughts.

I am positive.

When things happen in my life, I think first before reacting and respond in the most positive way possible.

My thoughts are my super power and I use this super power often.

I am easy, calm, peaceful & full of hope.

I am confident in my mind, body and soul. I live my life in a way that reflects confidence.

I feel sexy and strong. I am proud of my body.

I make choices I am proud of. I get to decide every day who I want to be.

I have numerous, small chances in every day to make choices that will make me proud.

I have an amazing marriage and family.

I look for the best in my husband and sons and am grateful for every moment I have with them.

I show them extreme respect in my facial expressions and words. I find ways to be a better wife and mom.

I am a good daughter, sister and friend. I am fun to be around. I enjoy the people in my life and enjoy life.

I am dependable and I roll with the punches, embracing change and spontaneity.

I am creating my future today!

My thoughts are my super power and I will use them today to be who I want to be!

Feeling fantastic?=KEEP DOING THE WORK!!! Success in my thoughts, on the scale, in daily life?=KEEP GOING!!! Feeling comfortable in my skin?=KEEP GOING!!!

You are right there, keep pushing, keep getting uncomfortable, do it, make the next right choice! I'VE GOT THIS!

You have a blessed life - far beyond the dreams that you had as a child in Chicago. Those days of hunger, poverty, lack and emotional abuse are long gone. Even the emotionally abusive relationships that you had as an adult are things of the past. Not only have you survived those things, you have actually thrived.

You are 61 years old and you are fitter and stronger than you have ever been- even better than when you were at 18 and 22 years old after completing Army Basic and officer training! You have a lifestyle that works for you. Most of the time you eat the foods that you love that love you back.

You have found a fitness regimen that excites and challenges you and it has become an integral part of your life.

Financially, you make more money now than you ever have... and more than you ever dared to dream. Although you carry debt, there is no reason that you could not be debt free (except for your house) in six months. You took the Dave Ramsey Course; you have all the tools to make this happen. You just have to choose to do so.

Although Tameka has decided to cut off all ties with the family, your relationships with Krystal and Shanika are very strong. Cherish two these children and the three grandchildren that you are allowed to see instead of mourning Tameka and her children. Keep a forgiving and loving heart towards her and be willing to welcome her with open arms should she decide to return.

For the past four years you have been in a stable, loving, mutually respectful relationship with a man you love who thinks the world of you. You have never had a supportive partner like this before and are still not as trusting as you should be. Your concerns are really vestiges from the past; they are not about him or based in objective reality. You should relax and enjoy the wonderful time that you have together because tomorrow is not promised to either of you.

So with all of these blessings, it is time to enjoy your life to the fullest. You should no longer sacrifice your present by focusing too much on the future. You should stop your habit of shifting into a mindset with limiting beliefs about your body and food choices and refuse to let them interfere with your enjoyment of today.

You have the power to change your life. This instant. How? By being grateful for the wonderful things about your life listed above. By accepting your body as it is today as you work on being as healthy and strong as you can. You have achieved every other goal that you have wanted. If you want a smaller body, you know what sacrifices you must make to achieve that goal. If you are unwilling to make those sacrifices then you should move on and enjoy your body now. And there is nothing in your life that would change if you were a size smaller. Absolutely nothing.

Every day, every moment, every second that you entertain these limiting thoughts is a day, moment or second of your life lost. Stop wasting time...Enjoy it instead.

You turned 44 this June and dedicated this year as your year of growth. In order to grow, you need to make changes. You have all the information you need and now is the time for ACTION.

You are a beautiful, strong, confident, intelligent, sassy & classy woman with very little self worth. Now is the time to get rid of limiting beliefs and thrive. You need to give yourself and ACCEPT the gifts of courage and discipline. There is no more room for shame to rule you. You MUST remember what happened, your husbands' infidelity which brought back the demon of sexual abuse that happened when you were just a little girl, IS NOT YOUR FAULT.

You have lost too many precious minutes/hours/days dwelling on why me? Stop owning the shame and anger and allowing such negative feelings to rule you. You need to stop being angry about what has happened to you and greet each day with a forgiving spirit.

You need to say out loud to yourself every day : "from this day forward, my history will cease to control my destiny". Yes, what happened was awful, but you cannot allow your feelings to limit what you know is possible!

You need to get out of bed every day and "persist without exception".
Do not allow limiting beliefs into your head.

You have given too much energy and time to allowing yourself to be ruled by addiction. Food, alcohol and shopping are not the solutions. They don't magically fix anything, but only make your reality worse. Let the feeling of pride in yourself overrule any cravings you have.

When you are feeling overwhelmed, stop and change the course of your day.
Choose to live by choice and not by chance.

You need to show your son that even though there are obstacles in life, you need to be vulnerable and have courage. Vulnerability is not weakness, it's courage.

Don't allow shame to rule your mind and spirit.

Be kind to yourself. Live every day loving the strong, sexy, confident woman you are.

Take pride in the body you are transforming.

Love every single one of those muscles because you have worked damn hard for them.

Create goals for yourself in the gym and smash them and then make more.

Climb out of your comfort zone, you can do great things when you believe in yourself.

Take exceptional care of yourself and give to yourself as you give to others.

Yes, let your husband do the dishes so you can row or just sit and read.

Allow yourself to grow.

You have achieved so much in the last 3 years, I can't wait to see how far you go. Xo

I am a person of integrity. A person of integrity is honest and trustworthy.
I do what I say I am going to do and I am dependable.

Being impeccable with my words, not only of others but also myself.

A person of integrity knows that the way to success is not rolling over others to the top but by tethering together and climbing as one.

Bearing no anger when I have felt wronged, for it is human nature to feel wronged. Rather considering that the other person is just as deserving of forgiveness as I am.

Dedication and consistent (not necessarily hard) work are traits I will use to prove my integrity.

Finishing tasks and continued growth are a part of me. Never being satisfied in a state of non-growth.

This does not mean there is no time for rest because just like any other muscle, my personal growth will need times of reset.

"Every moment, including this one, is a fresh start." - BJ Marshall

From this moment right now, and every moment yet to come, I accept responsibility and the results of the choice I make.

Where am I right now? Am I living the life I want to live? Am I growing?
Am I even moving forward?

Every moment is a choice. Each choice leads to movement and new direction.

Am I moving forward or backwards?
Even choosing to stay where I am, making the same choices over and over is a choice.

Do I look at each moment as an opportunity to go somewhere different?
Do I like where I am?
If I don't, I accept, it is because of the choices I made.

From this day forward, I will see the impact of each choice I make.
I choose growth, challenge, and movement.
With each choice, I move forward, growing, gaining momentum.

Every decision is mine.
I own it.

I accept the results.

Even if it is the wrong choice, I learn from that step and look at the next moment as a fresh start.

Life is growth.

I will take advantage of each moment as my new opportunity.

Becoming the best possible me

I am accepting the responsibility of my past, I made those choices and have learned from them, I won't beat myself up any more for my failures and bad decisions, I did what I did with the tools I had at the time.

What I know comes from that, and I must let go of personal judgments of myself and others, there is no more blame to be given.

I can trace it all back to me and my choices and I have the power to make new good ones.

I will forgive those that have wronged me, it just puts anger in my heart and clouds my perspective of the things I can and want to do.

Dwelling on the past just has me missing my present and future.

I will keep the promises I make to myself, when I break promises regarding things I perceive to be hard, I am giving up all that I know in my heart that I really want.

I won't be lazy and take the easy way out because my past has shown me that it only brings me unhappiness and self-hate and disappointment

I will see challenges and things I believe to be hard as gifts that give me opportunities to grow and learn –

Remember that!

I will stop doubting myself and being fearful of what others think, I AM ENOUGH!

I must remember that I cannot do anything about the past!! It is gone and to focus on that, is to throw away my best future!

I must remember the fears I have are not real!! It is my thoughts that are making false assumptions and I have to believe, take the leap, and have faith!

What is the worst that can happen, I fail and learn something and move on, and even if I fail I will be proud that I TRIED!!!!

“Fear is a poor chisel with which to carve out tomorrow”

I must stop worrying about the opinions of others, I will believe in myself! If I worry about what others think I will be forgetting about what I think, and what I want, and what I want is all that matters.

If I fear the criticism of others, I will die doing nothing!!

I will no longer procrastinate! Life is too short and I have lots I want to do, all my problems become smaller when I confront them, I will not be afraid.

I will be a person of action and stop talking and wishing and planning and waiting for tomorrow.

I know how great it feels to say I'm going to do something, knowing it's not easy, and then DOING IT!!!

BEST feeling, better than any quick fleeting pleasure that distracts me from my goals. REMEMBER that!!

Remember gratitude is everything!! I will choose to have a perspective of being grateful for all I have and not all that I want or think I need. My life is full and I'm very fortunate for all that I have, I will remember this when I start to feel sorry for myself.

I will choose to be happy and to see the good that's all around me, and know that everything is a matter of my perspective of things.

I will have faith in myself for faith has no limits!!

I will give myself the gift of being ENOUGH!

The gift I give myself is to remember.

When facing a choice about an indulgence, remember.

Remember how success feels; and that it doesn't come from a cookie, a piece of dark chocolate,
gas station snacks when on the road or a glass of wine

Remember how easy it was when I had the passion to make the right choice over and over again,
and the feeling it created in front of the mirror and on the scale

Remember the compliments, not for ego, but for how they reset my internal image of me

Remember to use the habit that makes working out so easy and apply it when faced with an
indulgence I don't need and doesn't bring me true pleasure

Remember to tie the joy of a completed workout to the joy of a choice that creates the same
pride

Remember the pride of photos taken now in comparison to the old feelings of photos at 290
pounds

Remember and enjoy the comfort of a seat on a plane now

Remember and enjoy the flirtatious comments that add to the fun of each day

Remember how good my body feels each day without the excess weight that dragged it down

Remember, and choose wisely.

I move relentlessly toward growth and I achieve my goals with laser focus and consistent practice. I am a person of action; all of my problems become smaller when I confront them. I seek challenges, discomfort and resistance. I will not let life pass me by; I will not accept excuses and exceptions distract me from my goals. I choose to do hard things to invest in my future. I work hard to create a life I love and I will not give up my pursuit of my best life. I live a life of intention. I know where I am going and I know where I have been. I don't sacrifice tomorrow with my decisions from today. I am passionate about my vision for the future. My course has been charted. My destiny assured.

I take impeccable care of my body by moving it intentionally. The movement is valuable for my body, but more importantly for the improvement of energy, mood and mental clarity it provides. I create feelings of strength and confidence daily used to power my journey. I feed my body nutrient dense fuel to provide energy, build and repair for the future.

I have a committed heart, brilliant mind and strong body. I invest time into rest and relaxation to provide the break my mind and body crave. I respect my time and myself. I use my time and energy to reach my goals and to create a life I love.

I make time to create genuine connection with those I love. I want to be a great example, a lighthouse for my loved ones. I am an incredible wife, parent, daughter and friend and coach to myself. I calmly navigate life's challenges with a joyful heart. I travel light and start each day with a forgiving heart.

I am a person of action. I make decisions quickly and change my mind slowly. I take action to feel my best, so I can be my best. I see myself with an objective lens and a curious heart. I will not give up on myself. I will be on my own side. I keep promises I make to myself. I enthusiastically do this work to create my best life because I am worth it.

I am where I am because of my thoughts and I can change the way I think. I use my thoughts to chase excellence and reach my goals. I take impeccable care of my mind by creating thoughts of empowerment and success, while muting the negative chatter. I surround myself with inspirational messages and those that are working hard to achieve their goals.

I will persist without exception, my outcome-my success-is assured.

Read this letter out loud to yourself every day.
This is a gift you give yourself that can be life changing!

Today I will remind myself of all the good that I have in my life.
Yesterday's trials are over. Tomorrow is unknown.

Today I choose joy.

I am proud of all that I have accomplished.

I am a strong role model for my Jacob and Kelsey and proud of the people they have become.

I am happy and content with the home I have made and the peace it gives me.

I am strong.

I am stronger than even I know that I am.

I am grateful for the job I have which allows me flexibility to take care of my kids and my mother.

I am in control of my food choices.

I am no longer controlled by guilt over food or bad food choices.

I accept it and move on.

I am no longer fearful of other people's opinions.

I am honest with myself and keep promises that I make to myself.

I am taking care of my body with daily exercise to stay healthy later in life.

I am taking care of my mind with meditation.

I am taking care of my brain with reading and learning new things to stay mentally alert.

I am taking care of my finances and not ignoring like in the past.

I am asking myself if things are wants vs. needs and what I really want in life.

I am working towards long-term financial goals vs. short-term indulgences.

I am kind and forgiving.

Forgiving is easy; resentment is hard and takes up energy.

I am funny and laugh every day.

Laughing even at myself brings me joy.

You are so much more than you think you are.

An amazing woman was locked up in comparisons, guilt, and fear for far too long.

It is time to unleash your full potential and live this life to the fullest.