

## SESSION 13

# THE MOTIVATIONAL JOURNEY: THE POWER OF INSPIRATION

### OBJECTIVE

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- *Provide a source of inspiration to stay motivated throughout the program*

### BACKGROUND

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In this session we'll take you on a journey through the weight control process. You'll use your mind to visually experience the principles of this program as they relate to how you'll look and feel when you achieve your goal weight. We believe you'll find this journey inspiring and motivating. Listen to it anytime you need a boost.

This session is designed to be used AFTER you have listened to the entire program. It will help you recall the knowledge that serves as your basis for successful weight control.

### PRACTICE

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Listen to/read this audio session and re-listen/re-read whenever you want to review what you've learned in this program.

### POINTS TO REMEMBER

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- Keeping the principles of weight control fresh in your mind will increase your chances for success.
- This session is designed to provide a source of inspiration and self-motivation you need to see the program through to its successful completion. It also serves as a quick review of the true principles of weight control. It is designed to be used AFTER you have listened to the entire program.